# Family - Dictionary;

Housbold Companion:

Wherein are Alphabetically laid down Exact Rules and Choice Physical RECEIPTS

FOR

The Preservation of Health, Prevention of Sickness, and Curing the several Diseases, Distempers, and Grievances, incident to Men, Women, and Children.

Also, Directions for Making Oils, Ointments, Salves, Cordial-Waters, Powders, Pills, Bolus's, Lozenges, Chymical Preparations, Physical-Wines, Ales, and other Liquors, &c. and Descriptions of the Virtues of Herbs, Fruits, Flowers, Seeds, Roots, Barks, Minerals, and Parts of Living Creatures, used in Medicinal Potions, &c.

Likewise, Directions for Cookery, in Dressing Flesh, Fish, Fowl, Seasoning, Garnishing, Sauces, and Serving-up in the Best and most acceptable Manner. The Whole A R T of Pastry Conserving Preserving Candying Confessioning of the Pastry Confession of t

Pastry, Conserving, Preserving, Candying, Consectioning, &c. Also, The Way of Making all forts of Persumes, Beautifying Waters, Pomatums, Washes, Sweet-Balls, Sweet-Bags, and Essences: Taking Spots, and Stains out of Garments, Linnen, &c. and Preserving them from Moths, &c. Washing Point, Sarsnets, and Restoring Faded Linnen; and Scowring, or Brightning Tarnished Gold, or Silver Lace, Plate, &c.

Together, VVith the Art of Making all forts of English VVines, as Currants, Cherries, Goofeberries, and Cyder, Mead, Metheglin, &c. And the ART of Fining, and Recovering Foul or Faded Wines. The MTSTERT of Pickling, and keeping all Sorts of Pickles throughout the Year.

To which is Added, as an APPENDIX,
The Explanation of Physical Terms, Bills of Fare in all Seafons of the Year. With the ART of CARVING.
And many other Useful Matters.

By J. H.

London, Printed for W. Bhotes, at the Star, the Corner of Bride-lane, in Fleetstreet, 1695.

MRS. CHESTER N. GREENOUGH SEPTEMBER 20, 1926

### LICENSED,

February the 28th. 1693.

#### THE

## PREFACE.

Courteous Reader,

IN this elaborate Work, thou wilt find Such Satisfaction, as perhaps the pre-Sent, or past Ages, have not before afforded thee. If Health is held valueable in your Eyes, and you would avoid the Pains and tediousness of Sickness, or Grievances incident to Human Bodies; here you may repair to an Asylum, and find the Arcana opened for your Good, which have been hitherto locked up from the greater part of Mankind. All Difficulties, and Hard Terms, or Words, are removed, which have puzled Ingenious Persons, and the Path is made so smooth that any reasonable Capacity or Understanding may travel in it without

without the least fear of Stumbling or falling into Error, if some particular Cautions, that will berein occur, are used as a Guide and Conductor. For, I confess, in weighty Matters, such as tend to the Preservation of Health, the preciousest Jewel of Life, things ought to be well weighed and considered, that every thing may concur with the Ends for which it was designed and made publick, which is the Benefit of Mankind.

That it is called a FAMILY-DICTIONARY, shows it is intended for the Publick Good, containing such Things as cannot in one way or other miss of their designed Ends, in being Useful and Advantagious to those that stand in need of Good Advice or Directions, and will be so wise or kind to themselves, as to consult their own Benefit in what is contained in this Book, it being a Mixture of many Rarities that have (when practised in Private) given Contentment even to Admiration,

tion, and answered the End beyond Expecta-

Here you will not only find Physical Receipts for the most reigning Distempers, Diseases, and Grievances, incident to English Bodies; but how to Prepare and Administer them in the best and properest Ways and Methods: So that every one may be provided with Remedies when Necessity calls for them, and a Physician or Surgeon are not to be had: which may be done with little Cost and Labour. The Rich, being Charitably dispos'd, may find an easie Means to exercise their Charity, in helping the afflicted Poor; and even Gardens and Fields may afford Relief, without any Cost, to ease the Pains and Miseries of those that labour under tedious and trouble-Some Distempers, or Grievances, when Friends may fail.

Here you are also taught how to make all sorts of Wines, Cyders, Metheglins, &c. and

and several sorts of Cordial-Waters, Perfumes, Washes, Beautifying-Waters, and other Rarities of the like Nature.

Atl forts of Cookery are herein nicely displayed; and the whole Mystery of Confection: with many other Things too tedious to be recited in a Preface: So that the Roses are twined with the Gessamine, and many other Fragrant Branches, bearing curious Flowers of Prosit and Advantage, to sender it a Garland lovely and acceptable.

What shall I further say, but that it is recommended to the World by Ingenious Perfons who have perused it, as a Curious Piece done in an easie Method to direct the Reader in what he is destrous to know, or practise. And will not only do Good to the present, but future Ages: Be a Helper at Need, and treasur'd up as a Jewel by those who will undoubtedly find their Expectations answered in the Particulars they require to be satisfied about.

To

To conclude, what is not done from the exactest Experience, is taken with Care and Caution from the most approved Authors as well Ancient as Modern.

Take it then as you find it, and let neither Fear, Small Charges, or Neglect, deter you from practifing what is convenient or advantagious for your Health, as occasion offers, or requires it: And may every thing succeed according to your Wishes and Desires.

VALE.

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Take Sheeps Take Sheeps-fuet, Oatmeal-and Black Soap of each Four Ounces, boil them in Two Quarts of Water till they come to the thickness of a Salve; then fpread a Plaister, and laying it to the Place grieved, it will remove the Pain.

3ches : For Aches in any part of the Body, take this following . Ointment thus

made ;

Take the tender Tops of Wormwood, Rosemary and Bay-Leaves, of each a Handful. Sage and Rue each a Pound. the Kidney-fuet of a Wether, clean picked from the Skin, half a Pound, Oil of Olives Two Quarts; bruile the Herbs and Suet, being first shred small, then put in the Oil and temper them well, and so suffer them to stand in an Earthen Vessel, close stopped, for the space of Seven Days: Then fet it on a gentle Fire, and let it heat by degrees, and keep it stirring till the Herbs are shrivel'd with the Oils and Suet; and then strain it and use it with

ferve to take of Verligitalis Tipe Office State Tours outoes, remarkant Seven Contres, remarkant outon

Aquathicum : To make the Ointment to exiled, ob-

elquig a le se hon si bas Success, not only for Aokes but for Lameness in the Limbs. Stitches Gout Or Braifes ....

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Adders Conque : This Herb is used successfully in Wounds new or old, either outwardly applied on caken inwardly : And in cafe lof Ruptures dry the Leaves and having made them into a Powder, take about a Dram and a half, according 1501 the Age of the Parry, in Two Ounces of Oak-buds , which you may, for the more conveniency of taking fweeten with the Syrup of Quinces; and fo take it in a Morning fasting, for Fifteen Days, or thereabouts, having the Rupture put up and truffed well before you begin to take it. There is also an Oil made of it in this manner, viz. Bruise a Handful of the Leaves in a Stone Mortar, boil them in a Pint of Olive-Oil, till they have fucked up the Oil; then prefs them hard, and keep the Oil that comes from them for your use. It is used with Success in Wounds and Ulcers.

Agoptiacum: To make the Ointment so called, observe to take of Verdigrease
Five Ounces, Honey Fourteen Drams, Ainegar Seven
Ounces, put them together,
and let them thicken and incorporate over a gentle Fire,
and it will be of a purple
Colour; so make it up into
an Ointment, and use it in
cleaning Weers that are inveterate, and Fifialass. It
consumes proud, spongy and
dead Flesh.

Actions Mercury one part, and of the Flowers of Sulphur twice as much, mingle them well together in a Glas Mortar, and fire the Composition till it becomes a Black Powder.

This is exceeding fuecelsful in the French Difeale. commonly called the Pox: allo for old Sores, and in the Dropfie : The Dofe is properly half a Dram, and no more; and is best taken Night and Morning, mixed with the Syrup of Clove-Gillyflowers; or you may make it into a Bolus with Conserve of Red Roses. and continue taking it for the space of Three or Four Weeks: yet it may be convenient, though there is no danger of its Fluxing, to take a gentle Purge once a Week, during the Course.

Agrimony, its Vertues: It cleanses the Blood, removes Obstructions of the Liver, and is consequently good in the Dropsie, and Joundice, the Leaves of it being boiled in their ordinary Drink; it may be used outwardly in Baths to strengthen weak Limbs: Half a Dram of the Powder of the Leaves in Conserve or Wine, restrains involuntary Pissing.

Agrimon pecommon: This strengthens and cleans the Blood, and opens the Obstructions of the Liver; for which reason it is very available in Dropsies, the Jaundice, and ill Habits of the Body, if you infuse it in Ale or Beer, or your ordinary Drink. Eight Handfuls in Four Gallons, are sufficient: It is used also outwardly in Baths and Lotion.

There is a Pouder likewise made of it, which is done by drying the Leaves, to prevent involuntary Urin; half a Dram of it in the Conserve of Roses being to be taken going to Bed, for Three Weeks successively.

Agues to Cure. To make an excellent Water for the Cure of Agues: Take the Roots and Leaves of Fennel, the Leaves of Rue, Sage, Wormwood, Mugwort, Rosemary or Rosemary-Flowers, the Tops of the lesser Centaury,

ry, of each a Handful, bruise! them, and let them fland Three Days in a Gallon of White-Wine, and so distil them.

This Water is highly commended and approved in the Fits of the Ague, especially the Quartan, given at the beginning of the Fit, from

One to Four Ounces.

Zaue-Tertian, to remove. Take of Rhubarb one Dram. infuse it in Six Spoonfuls of Succory-Water over a gentle Fire for Three Hours; then strain it, and add half a Dram of the Syrup of Rhubarb, three Spoonfuls of the Syrup of Roles, and a Spoonful of Cinamon-Water; take this fasting after the Fourth Fit: But if the Distemper has not fo much weakned the Body, but that it will bear fomewhat a stronger Purge, add a Dram of the Leaves of Senna, and Two Drams of Fennel-Seeds; and it will in once or twice taking, effect the Cure.

Daue falling into any part of the Body: If the Ague take its station in any particular Place, and affect not the whole Body at once, to re-move and expel it, Take Parsley, Smallage and Hemlock, of each a small Handful, bruise them, and add Four Ounces of Barrows Greafe; then mix them by

braying well together, and boil them half an Hour, ffirring them continually until they become very green; then putting them in a Canvas-Bag, strain out the Oily and Liquid part, and with it bathe the afflicted Place, as hot as may be endured, before a Fire: And in fo doing Two or Three times, it will remove the cold Humour that occasions the Ague.

Ague in a Woman's Breaft: To remedy this, Take the Leaves of Hemlock, bruise them, and then fry 'em with the best sweet Butter; and being made into a Poultis, apply it to the Breaft as hot as it can be well endured, clapping over it Handful of white Cotton, and it will in a time, cure the Ague.

Maue in the Breaft: To remedy this, Take Grounfil, the Leaves of fingle Daifies, also the Roots, and coarse Wheat-Flower, and as much of the Parties own Water, as, when they are well beaten together, will bring them to be spread Plaister or Poultiswife, on a Leather or thick Cloath, and apply it to the Stomach or Parts where the Coldness or Trembling is most observed, as hot as may be well endured; and in fo

often doing it will prove a

Remedy.

ague to cure, a Powder : Take Antimony and Cinnabar an Ounce, common Salt roasted Two Drams, pouder them together, and put them into a glass Cucurbit, and pour on them Four Ounces of the Oil of Sulphur; let them digeft for Two Days over a moderate Heat in a Bath of Alhes; then by encreasing the Heat, evaporate the fuperfluous Moisture, and having well washed the Mass that remains, dry it and reduce it to a Powder and mix it with Four Ounces of the Flower of Sulphur, and fet it over live Coals in an earthen Platter, stir it continually with an iron Spatula, and when the Flowers are confumed, pour in Spirit of Wine Three Fingers high; and when it is confumed, take the remaining Mass, powder it, and keep it for use.

This is a Powder extreamly commended for the Cure of all intermitting Agues, being taken half an Hour before the Fit, from 15 to 20 Grains in some Syrup or Cordial-Water, and supping a little Broth about Two Hours after it; and if the first and second Dose prevails not, a Third may be taken; for it works easily, and mostly by

Sweat.

Bloer, The Leaves of it bruised and applied Poultis-wise to Tumours, easily discuss them; and being put into the Shoes of Travellers, (some say) prevent, in a great measure. Weariness.

great measure, Weariness.

3leberry: Boil Ale or Beer a Quart, scum it well, put in slices of fine Manchet, and blades of large Mace, boil it well, and put in some Sugar, with a sprig or two of Rosemary; strain it and drink it hot. It is not only Strengthening, but very good against Colds and Rheums.

Mie-Durging: To make this (according to the true Receipt left by the famous Dr. Butler) Take Two Ounces of Sarfaparilla, Senna. and Polypody of the Oak, of each Four Ounces, Annifeeds, and Carraway-feeds, of each half an Ounce, Licorish Two Ounces, Agrimony and Maiden-Hair, of each a fmall Handful, Scurvygrafs Ten Handfuls: beat and bruife these together grofly, put them into a Bag made of Canvas, and hang it in Five or Six Gallons of Ale; and when it is Three Days old drink it. This Liquor chiefly purges by gentle breathing Sweats and Urin, being excellent to expel Scorbutick Humours and Dropfies, or.

Me, a Syrup of it: Take of new Ale a Gallon, it being the Wort of the first running; put it into an iron Pot over a clear gentle Fire, keeping the Pot open, and fcumming it continually; and when 'tis boil'd away to a Pint, take it off, and put it in an earthen Pot with a Cover, and take a little therof Morning and Evening on a Knife point. This is excellent good for Pains in the Back, occasioned by the foulness or Heat of Urin in the Ureters, Kidneys, or the Stoppage of the Pallage in the Reins, and also for the Whites in Women.

Alabaftrum Unguen= tum, an Ointment fo called; to make which, Take Red-Bryer tops, when at the tenderest, Six Handfull stamp them small, and add Two Quarts of White-Whine, Rue One Handful, the Flowers and Leaves of Camomil One Ounce, Powder of Alabaster Two Ounces, Fennel-Seeds One Ounce, Oil of Roses half a Pound, Wax half a Dram, put them altogether, except the Camomil and the Wax, let them infuse over a gentle Fire, and when they feeth, put in the Wax and Camomil; let it boil up till the Wine be confumed; and when it is cold, take the Whites of Five eggs, mingle them well with all the Materials, and firmin them through a fair Linnen-Cloth, and put it into a glazed earthen Pot.

This Ointment is fingularly good for Pins and Webs, and other Spots in the Eyes, by dropping a little of it into them, and keeping them close for a time. It is also good for the Megrim and Head-ach: Likewise Pains in the Matrix are eafed by anointing the Belly, Flanks, and Reins of the Back with it. The Stomach being anointed with it is eafed of its Pains, and any other part; even the Pains of the Gout are removed by it.

Alexander, its Virtues : This Herb is under the Dominion of Jupiter, and therefore friendly to Nature; it is by some called Horle-Parsy, or Wild-Parfly. It warmeth the Stomach, and opens Stoppages of the Liver and Spleen; it moves the Courses, and expels the After-Birth; it breaks Wind, and provokes Urin, helpeth the Strangury, if the Leaves be boiled in Wine, and drank Two Ounces at a time pretty hor; the Seeds have the fame virtue, and are effectual against the biring of Serpents.

Alexanders: This is mostly used in Broth in the Spring-Season, because it cleanses and cools the Blood; and strengthens the Stomach. The Seeds to the quantity of half a Dram dryed, so that they may be reduced to Powder. and drunk in a Glass of White-Wine, provoke U-

rine.

Mimond-Bisket : To make this, Take the Whites of Four new-lay'd Eggs, and Two Yelks, beat these well for the space of an Hour. having in readiness a quarter of a Pound of the best Almonds blanched in cold Water, beat them very fine with Rose-Water, lest they come to an Oil; then bear a Pound of fine Loaf-Sugar in the Eggs a while, and fo put in the Almonds, with Five or Six Spoonfuls of the finelt Flower, make them into proper Shapes, and bake them in a moderately heated Quen, on Paper Plates, dufling over them a little fine fifted Sugar.

Mimond Cakes : To make thefe, Take a Pound of Almonds blanched in cold Water, beat them with Rose-Water till they lose their gliffring, put in half a Pound of fine Sugar well fifted; beat these and the Almonds together till they be well mixed, then take the Whites of Two Eggs, and Two Spoonfuls of fine Flower well dryed, and beat them together, and pour in your Almonds; then butter the Plates you frame your Cakes

in, dust them with fine Sugar and Flower; and when they are a little brown in the Oven, draw them, fuffering the Oven a little to cool: then fet them in again upon brown Paper, and they will become much whiter than

before.

Mimond-Caudle: To do this well, Take of new Ale Three Pints, boil in it a quarter of an Ounce of Mace and Cloves, as also some fliced White-bread, then put in a Pound of blanched Almonds well beaten, and half a Pint of White-Wine, skim it well in boiling, and when it is fufficiently thickened. fweeten it according to your Pallate. This is not only pleasant and nourishing, but very good in a Confumption.

Almond, Caudle: Strain half a pound of blanched Almonds, well beaten in a Mortar, into a Pint of new Ale. then boil in it flices of fine Manchet, large Mace and Sugar: Being almost boiled put in a Jill of Sack, and fo ferve it up sweetened with a

little Sugar.

Almond-Cheele : Take Almonds bearen fine, make a Sack-Posser made only with Sack and Cream, take off the Curd and mingle it with the beaten Almonds, fet it on a Chafing-dish of Coals, and put some double refined

Sugar to it with a fufficient quantity of Rose-Water, then in a Pye-Plate fashion it into the form of a Cheese; put it into a Dish, and scrape a little Sugar over it, and when

it is cold ferve it up.

Mimond-Cream : Take half a Pound of Almond-Past beaten with Rose-Water, strain it with a Quart of Cream, and put it in a Skellet with a Stick of Cinnamon broken into fmall pieces, stir it continually in the boiling; and when it is boiled put Sugar to it, and ferve it up when cold.

Almond-Cream another way: Take thick Almond-Milk, made with fair Spring-Water, boil it a little, and then removing it from the Fire, put into it a little Salt and Vinegar; put it then into a clean strainer, and hang it on a Pin over the Dish, till 'tis all drained out; then take down the remainder, put it into a Dish, and add to it some fine Sugar, and a quarter of a Pint of Muscadel or Canary. strow it then over with Red Bisket, and ferve it up.

Mimond-Cuffard: Take Two Pound of Almonds. blanch and beat them in a Stone Mortar very fine, adding as much Rose-Water as will make them very moift; then put them in a Press, and squeeze out the liquid part, | Sugar, and being boiled to a

Cream, Twenty Whites of Eggs well beaten; and a Pound of double refined Sugar, put it into a Pan, cover it with a Lid of Puff-past: let it be baked gently, and then scrape over it fine

Sugar.

Almond Tellp: Take a Pound of Almonds, and steep them in cold Water Six Hours. when they fwell, the Husks may be taken off; then make a Decoction of half a Pound of Ising-glass, with the Juice of Two Lemons, and Two Quarts of White-Wine, boil it till half be consumed, then let it cool, and strain it, mingle it with the Almonds and strain it: With a Pound of double refined Sugar, and with fuitable Colours you may make it of what Colour you will; put into it Egg-shels or Orangepeels that is, place them on the top of it, and ferve it

Mimond-Leach: To do this, according to the French Fashion, Take a Quart of fresh Cream, a quarter of a Pint of Rose-Water, Four Grains of Musk dissolved in Rofe-Water, and Four or Five Blades of large Mace, boil them with half a Pound of Ifing-glass, steeped before in Warer, and washed cle n; put to these half a Pound of and put it to Two Quarts of jelly, strain it through a Jelly-

Bag

Bag into a Dish; and when it is cold, slice it into a Diamond fashion, and chequer it over, and serve it on glass or other Plates, strewing, if you please, Sugar mixed with the Powder of Cinnamon on them

almond = ABilk : To make it, according to the best Method you must boil about Two Quarts of Water, scumming it rwell, and when it is taken off afuffer it to fettle ; pour out the clear part, and fetting it over the Fire again, boil in it - Viblet-Leaves and Straw-bersry-Leaves, of the Roots of each a large Handful, Sorrel-Roots half a Handful; thefe Leing wellawashed, put in -with them a Crust of Bread, and flowed Raifins of the Sun Two Ounces, and fo fuffer them to boil over a gentle Fine till the liquid part be confurmed to a Quart; and then with Fifty Almonds blanched, and Thirty Pompion-Kernels all well beaten, draw am Almond-Milk, fweeten in with fine Sugar, and drink Morning and Evening about Three Quarters of a Pint This excellently fweetrensuthe Blood, and causes a studdy and fair Complexion, being very good in Confumptions.

Almonds, an Oil: To make this, Take fweet Almonds, blanch them and braise them, then pour on them a little Rose-Water. and put them into a Vessel that they may be kept warm, as it were in hot Water; then put them into a Bag that is very porous, preffing them at first gently, and so continue it by degrees, till you perceive a clear Oil come out. This by bathing mitigates Pains and Swellings, comforteth the exasperated Parts, especially the Lungs and Kidneys, it mollifyeth dry and hard Swellings and is profifitable in Hectick Feavours to be given in any cooling Liquors, and for the anointing the Forehead and Stomach : it also supples the Face and Hands, and keeps them plump and foft.

Mimond-Pudding: To make this, Take Two French Rolls, or other White-bread, flice them and put them into a Quart of Gream; put it then on a gentle Fire till both be hot, beat it well together, add Twelve Eggs, and the Whites but of Four, Beef-Suet, or Marrow Four Ounces, as much of Currents and Raisins, and feason it with grated Nutmeg, Mace, Salt, and Sugar, scattering into it a little Flower, then make a piece of Puff-palt, as much as will cover your Dish; let it in a quick Oven, but not too hot bake it fufficiently, and ferve it up. Direction CWI of

Mimond-Dnow-Cream : Take a Quart of Sweet Cream, a quarter of a Pound of Almond-Past, beat it well up with Rofe-Water, mix it with half a Pint of White-Wine, and strain it, put into it the scrapings of Orange-Peel, and Nutmegs fliced. Two or Three Sprigs of Rosemary, and suffer it to fleep Two or Three Hours; then put some double refined Sugar to it, strain it into a Bason, and beat it till it froth and bubble; and as the Froth rifes, take it off with a Spoon, and put it into the Dish you serve it up in.

Bimond=Cart: Strain beaten Almonds with the Yelks of Eggs well beaten, and new Cream, Sugar, Cinnamon and Ginger, boil it thick, and fill your Tart; and when it is baked, ice it over with gleer of Eggs, Sugar and Rose-Water, beat up

well together.

the finest Aloes-Succotrine Four Ounces, make them into a Powder; take the Juice of Damask-Roses clarified two pound, put them together, and let them stand in the Sun in a glass Vessel, or in Balneo, till all the moissure be exhaled: do this four times, and then make it into Pills, which are excellent to purge the Stomach, for Pains in the

Bowels, and a gentle Purge

upon any Occasion.

Atom to burn: Burn this in a new earthen Vessel, keeping as much as may be the more subtil part from evaporating; and when it ceases to bubble, and no more froth or scum, upon the sudden taking off the Cover, arises, it is sufficient.

Ambergreale-Cake: To make this, Take fine white Sugar, beat it and fift it well. then beat Six new-lay'd Eggs till the Froth rifes, and by degrees drop them on the Sugar, mixing that and them together by flirring round very quick in a marble Mortar; and being wrought till it may be drop'd thin on Plates, then put in a grain of Civet, and Two Grains of Ambergreafe; then butter your Pye-Plate, and taking the stuff up by Spoonfuls, drop it on the Plates in the nature of Cakes, and put them into a gentle Oven; when they begin to rife take them out, and keep them for use in a dry Place. These are good for the Stomach and Head.

Ambergrease-Cakes: Take fine Flower a quarter of a Peck, mix with it flices of Marmalade of Quinces, a quarter of a Pound of Sugar and Rose-Water beaten up together, of each 10 Spoonfuls, Yest half a Pint, Cur-

rants

rants a Pound, clean pick'd and wash'd; Cinamon and Mace, finely powdered, each half an Ounce, candy'd Orange-Peel cut very fmall; then with Ten new-lay'd Eggs, and a Quart of new Milk, thicken it, and mix it well, then diffolve a Dram of Ambergreafe in a quarter of a Pint of White-Wine, and mix with the rest, So make it up into a Cake, and bake it in a gentle Oven, and it will prove excellent, if iced over with Sugar melted in Rose-Water, and the White of an Egg.

Imbergreafe, the Tin-Sture: To make this, Put in half a Pint of Spirit of Wine into a strong Glass, Ambergrease one Ounce, Musk Two Drams, let the Glass be stopped close with a Cork, and tyed over with a Bladder, and place it in warm Horse-Dung for the space of 12 Days; then pour off the Spirit gently, and put on as much new Spirit, and place it as before, pouring off the fecond time clean; and after all this, the Ambergrease will ferve for ordinary Uses : And the Tincture drawn off as before: one drop of it is an excellent Perfume, and being drunk in Tea or Coffee, is an excellent Cordial against Fevers and Pestilential Distempers/

Amber-Ditts: Take Venice-Turpentine washed, one Ounce, Powder of white Amber Six Grains, mix them well and put them in a clean glazed Earthen Pot upon Embers moderately hot, and to try whether it be enough, take a drop and let in cool. and when it is so stiff that it will not cleave to the Fingers, it is enough; then take of the Powder of Pearl, white Amber and Coral, of each a Dram, of the inner Bark of an Oak, Nutmeg, and Cinamon, of each a quarter of an Ounce; add to thefe Three Ounces of Loaf-Sugar bruifed and fifted, then make them into a Powder and feeth them, and put the Pills into them; (but before you take them, it will be proper to take a gentle Purge) after which wrap up Three of the Pills in as much of the Powder as will lye on a Shilling; and take them, swallowing after them the Yelk of an Egg a little warm : And by so doing Two or Three times, it will eradicate noxious Humours. and fortifie the Body against violent Diffempers.

Imber-Dubbing: Take, to make this the Guts of a young Hog, turn them and wash 'em very clean, then take Two Pound of the best Hogs-Lard, a Pound and a half of the best Jordan-Almonds

Almonds blanched, beat one half of them very small, and the other half referve unbeaten; take further, a Pound and a half of Sugar, Four Penny White-Loaves, grate them over the former Composition, and mingle them well, put in half an Ounce of Ambergrease scraped very fmall, half a quarter of an Ounce of Levant-Musk, a quarter of a Pint of Orangeflower-Water, mingle all thefe very well, fill the Guts, but not too tight; boil them over a gentle Fire for fear of breaking, and they will prove excellent fare.

Amber, a volatil Salt: Take of Amber Two Pound, let it be finely bruifed and reduced to Powder, and put it into an earthen Cucurbit, or Glass, so that Three quarters of the Cucurbit may be empty, then fet it in Sand, fitting the Head to it, and a small Recipient; and when the Junctures are well luted, put a moderate Fire under it for the space of an Hour; then the Cucurbit being hot, encrease the Fire by degrees to a third degree hotter than at first, and so you will find a Flegm and Spirit, and after them a volatil Salt, which in little Crystals will fasten to the Head, and afterward an Oil will distil, but from White changing to Red, it will continue clear however; and

when you perceive no Vapours to rife, extinguish the Fire; and so suffering the Vessels to cool, unlute them, and with a Feather gather the volatil Salt into a convenient Vessel; and although as yet it will remain unpure, by reason of the small quantity of Oil that is found to be mixed with it, you must have a Viol sufficiently large that a Fourth only may be filled with the volatil Salt, and stopping it only with Paper, place it in Sand, and fublime it with a gentle Fire, fo that the pure Salt will appear in Crystal very fair at the top of the Viol; and when you perceive the Oil begins to rife, then raise the Glass from off the Fire, and having fuffer'd it to cool. break it to separate the Salt: and here finding at least half an Ounce, keep it in a Viol well stopped for use, and it will prove very excellent.

Its Vertues are rare in the Jaundice, Scurvy, Ulcers of the Bladder, to force Urine, and for Fits of the Mother. It may be taken from Six to Eight Grains, in some proper Liquid.

Instarbiums to prepare: Having first powdered, and then infused them in a convenient quantity of Vinegar, when you have fufficiently imbibed it, cause the Vinegar gently to evaporate,

and dry them.

Indolians : Soak the Guts of a Poarker in Water and Salt, turn them and fcour them that they may be made very clean; let them fleep after that a Day and a Night in fair Water, dry them well with a Linnen-Cloath, turn the fat fide outwardmost ; then shred Sage very small, mix it with beaten and then fifted Pepper; do the like by Cloves, Mace, and Corianderfeed, mingle with them a little Salt, and feafon the fat fide of the Guts, then turn that fide inward again, and draw one Gut over another to what thickness you please, boil them in fair Water with a piece of interlarded Bacon, fome of the Spices beforemention'd, and a feafoning of Salt, tye them fast at both ends at what length you pleafe, and as it is more liking and favoury to your Pallate, you may put into them Pennyroyal, Savory, Leeks, Onions, or Sweet-Marjoram chop'd or bruifed very finall; or if you pleafe further to gratifie your Appetite, Rolemary, Thyme, Nutmegs, Ginger or Pepper grofly bruifed.

even the Harb, but more especially the Root: The Root preserves against the

Infection of the Plague, if infused in Vinegar, you frequently chew it and hold it to your Nofe. Take a Dram of the Powder only of the Root, and half a Dram mixed with as much Venice-Treacle; and this being taken once in Six Hours, will cause a curious breathing The candied Roots Sweat. and Stalks Sweeten the Breath, and help against the Diseases of the Lungs; you may make Lozenges of them, which are excellent Prefervatives, being held in the Mouth in pestilential Times; Thus,

Take the Extract of the Roots of Angelica, and Contrayerva, of each of them an Ounce, Three Drams of the Extract of Liquorice, of the Flower of Sulphur fublim'd with Myrrh Five Drams, of Oil of Cinnamon about Eight Drops, fine Sugar twice the weight of all of them, with a mucilage of Gum-Tragacanth made in Scordium-Water, and fo make them up into Lozenges.

Angelica, to Candy: Take the Stalks, boil them in fair Water till they become very tender, then shift them in Three Boilings Six or Seven times, that the bitterness may be so taken away; then cover them with Sugar, and let them boil a Minute, then take them out and dry them

in an Oven; and being dryed boil the Sugar to a Candy heighth, and so cast them into the hot Sugar, and take them out again suddainly, and use them as the former.

Ingelica, its Vertues:
The Powder of the Root of it resists the Plague and Pestilential Fevers, being drank in Wine a Dram at a time, or insused in Vinegar, and held to your Nose: It eases violent Pains in the Head. The Powder taken with Venice-Treacle or Diascordium, causes gentle breathing Sweats, carrying off the sharp Humours that many times, by settling, occasion racking Pains in the Joints.

Angelot to make: To do this, Take a Gallon of Stroakings, and a Pint of Cream, put to them, when mixed, a little Rennet; when you fil, turn up the middle side of the Cheefe-fat, fill them a little at once, and fuffer it to stand all that Day and the next; then turn them, and so leave them till they will flip out of the Fat : Salt them on both fides, and when the Coats begin to come, lay them a drying, and it will have a very pleafant relish.

Angling: To have the best Sport and Success in this part of Recreation, Take Assa-Fætida, Camphire, Aquavitæ, and Olive-Oil, bruise them in a Mortar till they

become a pliable Ointment; and by anointing your Bates therewith, the Fish will pre-

lently take them.

Another-Civiter: Boil a Pint of Milk once up, and mix with it the Yolk of an Egg well beaten, so that in the putting in, it curdle not, then Four Spoonfuls of brown Sugar, and a little of the Decoction of Caraomil Flowers; and being administred pretty hot, it gives speedy and effectual Ease to the gripings and Pains in the Bowels.

Antiepileptick Water of Langius: Take the Shavings of Man's Scull, Milletoe of the Oak, Peony and White Dittany, of each two ounces. fresh Flowers of Lillies of the Vallies two handfuls, Cinamon fix Drams, Nutmeg half an Ounce, Cloves, Mace, and Cubebs, of each two Drams: these being all bruised together, put them into a Matras, and stop them up as secure from Air as may be, in eight pints of Malmfey, and when they have macerated for a Week over a gentle Fire, distill them in a moderate Sand Bath.

This is properly called a Corrected Antiepileptick Water of Langius, and has been long in request, and by the preparing it as here directed, it is excellent, given in Epileptick-Fits. The Dose is two Drams.

It may be also used for the prevention, as well as the Cure of this Distemper, and is very proper for all cold Di-

feafes in the Brain.

Intimonial Claret-Matet: Take Glass of Antimony finely powdered, two Drants, Claret-Wine a pint and a half, macerate them over a gentle Fire for a considerable time in a Matrass carefully flopt, and often shaking it, mix then with the whole, four Ounces of fine Loaf-Sugar, two drops of the Chymical Oil of Cinamon, and keep it for use.

This Liquor must be kept in a double Glass-Bottle, well corked, and twed down: It is very pleasing and agreeable to the Taste, purging gently upward and downward, Two Drams being taken for a

Dofe.

Intimony, its Cinabar: Put into your Retort of Sublimate Corrofive and Antimony, as much as half fills it. powdered and well mingled together; let the Retort be placed in Sand, in a small Furnace, fit to it a Receiver, lute the functures, and fo make a Distillation, and perceiving a red Vapour appear, take away the Receiver, and put another into its place, not luted, encreasing the Fire by degrees, till the Retort is red hot, and fo let it continue three or four hours; then

fuffering it to cool, break it. and you will perceive a fublimated Cinabar flicking to the Neck of it, separate it, and keep it. It is a very much prized Remedy for the French Disease; it likewise forces Swear, and remedies the Falling-Sickness: it may be taken, if the Party be carefull of him or her felf, from fix

to fourteen grains.

Antimony Diaphozetick, To do this, mix three parts of purified Salt-Peter with one part of Antimony, and your Crucible being very hot, cast in a Spoonfull of this mixture, which will make a kind of a thundring, and after that is past, do the like by another Spoonfull, and fo do by all the rest; and when it has been on the Fire about two hours, throw the Matter. which then will be white, into an Earthen Vessel, almost full of fair Water; let it soke ten or twelve hours, that the Salt-Peter which is fixed may dissolve in it: then let the Liquor be separated by Inclination, wash the White Powder you find remaining in the bottom, Five or Six times with hot Water, so dry it, and you will have Diaphoretick Antimony.

It is Sudorifick causing Sweats, and notably refifts Poyson, and is approv'd in Malignant Diseases and the Plague: The Dose is from fix Grains to thirty, in some

proper Liquid.

Intimony, an Oil or Liquor: Take fix Ounces of fine white Sugar-Candy, beat it to powder, then do the like by eight Ounces of Hungarian Antimony, and mix them well together, and put them into a Glass Retort, and distill them on a Sand-Bath with a gradual Fire: This Liquor cures intermitting Agues, given in White-wine, three, four, five or fix drops at the beginning of the Fit, and fo repeating it two or three times.

Antinephritich = Water : Take of Narbone Honey half a pound, Venice-Turpentine Nephritick two Ounces, Wood and Roots of Reft-Harrow, of each an Ounce and a half, Lignum Aloes an Ounce, Galingal, Cloves, Cinamon, Mace, Cubebs, and Mastick, of each half an Ounce, bruife and macerate them for three days together, in two Quarts of Rectified Spirits of Wine, or for want of that. in Aqua vitæ, and distill them over a moderate Fire.

This Water is highly recommended for removing of Gravel or Sand out of the Bladder or Kidneys, as also for easing the Pains of the given from one Colick, Dram to half an Ounce, either alone, or mixed with

proper Liquors.

Antifcozbutick Glirir Diopitetatis : Take Myrrh of Alexandria, Aloes Succotrina and Saffron, beaten into Powder of each four Ounces. digest them in a close stopped Vestel for eight days in a moderate Sand Bath, with four pints of Antifcorbutick Spirit; then for one hour encrease the hear of the Bath. and filtre and keep it apart : then pour on the remaining Mais, a pint of fresh Spirit, and reiterate digestion and filtration; then draw off the Spirit in a Sand-Bath, with a moderate Fire, till there only remains a third part; and when the Vessels are cool, preferve the Elixiv; and when it is to be used, mix it with a third or fourth part of the volatil Spirit of Harts-Horn.

This Elixir is now wonderfully in use, and highly esteemed in all Diseases that proceed from Corruption of Humours, but chiefly used in the Cure of the Scurvy; for purifies the Blood, and quickens the Motion of its Circulation. It may be taken in Wine or some other Liquors, from Seven Eight to Fifteen or Twenty

Drops.

Appetite to restore: Take Wood or Garden-forrel a Handful, boil it in a Pint of White-wine-Vinegar till it becomes very tender; then

strain it out, sweeten it with Two Ounces of Sugar, and boil it to a Syrup, and take a quarter of an Ounce at any time when you find

your Appetite fail you.

Apple-Cream : Take Ten or Twelve Pippens, when pretty ripe, pare them, take out the Cores and flice them thin, cut them in quarters and put them into a Pipkin with Claret-Wine, a few flices of Ginger, Lemon-peel scraped, as also some white Sugar, let them boil up together till they are very foft; then take them off the Fire and put them into a Dith, and when they are pretty cool, take a Quart of new Cream boil'd with a little Nutmeg, and put in of the Apple stuff, to make it of what thickness you please; and so with a little sprinkling of Sugar, Rose-water, serve it up as a most acceptable Banqueting.

Apple=Tantey: To make this, Pare your Apples thin, cut them in round flices, fry them in fweet Butter, beat Ten Eggs in a Pint of Cream, add Cinnamon, Nutmeg, and Ginger, of each a Dram, well beaten or grated Sugar Three Ounces, Rose-water Two Ounces; these being well beaten together, pour on the Batter, fry them moderately, and dust them over with Sugar and a sprinkling of

Rose-water, and serve them

up.

Spples a Purging Syrup: Take of the Water and Juice. of the best scented Pippins, of each a Pint and a half Borrage and Buglos-water and Juice, of each Nine Ounces, Eastern Senna half a Pound. Fennel and Annifeeds, of each Three Drams, Cretan-Dodder Two Ounces, White Agarick, and the best Rhubarb half an Ounce, Mace and Ginger, of each Four Scruples, Saffron half a Dram; let the Rhubarb be infused with the Senna a part in White-wine. and the Juice of Apples of each Two Ounces; infuse, except the Saffron, all the rest in the afore-mention'd Water: The following Day pour on the Juices and fer them on the Fire, let them simper gently, take off the Scum. then strain the liquid Parts and add Four Pounds of white Sugar, boil it to a Syrup, the infusion of Rhubarb being put into it, and the Saffron often dipt in it tyed up in a Rag, and fo squeezed out. This Syrup is held to be a very gentlePurge for melancholy People, and very fafe and easie; but proves more effectual in its Operation and Strength, if Two Ounces of it be taken in Three Ounces of the Decoction of Dodder.

Apoplestick-Clater: Take of the Lilies of the Valley, Rosemary, Lavender, Sage, Primroses, of each three handfuls: let them macerate eight Days in the Sun, or in a Stove, in rectified Spirits of Wine and Orange-Flower Water, of each three pints: then distill them in a Sand-Bath, and preserve this excellent Water for your use.

It fortifies the Brain and noble Parts, being taken from half to a whole spoonful: It is successful, as well to prevent, as to cure the Apoplexy, and all other violent Diseases

of the Brain

Apopledick-Mater, another : Bruife four pound of Black-Cherries, Roots of Valerian, and Shavings of Harts-Horn, of each three ounces; grated White-Bread one, pound, Cloves and Mace beaten fine and fifted, of each half an ounce; Saffron two drams, Flowers of Lilies of the Valley, and Lavender, of each three handfuls: mix them well together by bruifing and thredding, and macerate them twenty four Hours in a warm Water-Bath; then encrease the heat, and put them in Balneo Maria.

This Water eases Apoplechick Pains, Palsie, and other Distempers in the Head and Brain, arising from Cold, being taken at seasonable times from half an ounce to an ounce,

Aportery: To cure this violent and dangerous Distemper, Take two quarts of the Spirit of Wine; infuse in it a pound of Imperatory. Caftor, and Sarfaparilla, of each half an ounce; being bruifed a little, add to them two handfuls of ordinary Lavender and Sage-Flowers; steep them in an earthen Pot well-glazed: stop it very close, and fet it in a Chimney-corner, or other warm place, four or five Days, often fetting it on warm Embers, and as often shaking it: then take nine Drams of Camphire dissolved in half a pint of Sack, and put it in, fetting it in a cool place, and then philter it two or three times; and when the Diftemper approaches, which is known by a shooting Pain in the Head, a swimming dizziness of the Eyes, &c. rub the Forehead and Temples with it till it drys in, and it gives speedy eafe.

Apricocks: Apricocks are a delicious Fruit to the Tast, and much more wholsom than the Peach; but above all, from the Kernels of them an excellent Oil is extracted for Hemorrhoids, Pains in the Ears, Swellings, and Instammations. The Kernels much avail in the Heart-burn.

Appicock = Cakes: To make this, Take the largest and smoothest Fruit, parboil them in Spring-Water till

they

hev become very tender; hen preffing out the Pulp, put to it an equal weight of Sugar; fet them over a gentle fire, and keep them continually flirring; and when you can fee the bottom of the Skillet or Pan, they are enough! then put the Pulp and Sugar into Cards fewed round, and duft them over with fifted Sugar, and letting them stand two or three Days, turn them; and then if they be candied, take them out of the Cards and dust them with Sugar again: and fo often turning them, let'em dry for your use in a gentle heat.

Approcesto Candy : Take the Apricocks, pare them vety thin, and strew fine Sugar lightly on them; then lay them on a broad pewter Diff; and so put them into an Oven as hot as usually heated for Manchet, and as the Liquor comes from them, pour it forth and turn them; ffrew more Sugar, and sprinkle them with Rofe-Water, turn and fugar them till near dry, then lay them on a Lettice-Wyre till they are dried, which you may do in an Oven after the drawing, and by this means they will keep all the Year.

Apricocks to dry: In the first place, Take out the Stones, then weigh the remainder, and take the weight of them in double refined Sugar, and

make a Syrup with fo much Water as will wet them, and boil it up so high that if a drop be drop'd on a clean Plate, it flip off, being cold: put in your Apricocks pared when the Syrup is heated, flir them about and turn them out, and tye them one by one in Tiffanies; then put them in again, and fet the Syrup over a quick fire, making it to boil as fast as it can, and fcum it well; and when they look clear, take them from the fire, then lay them on a Sieve to drain, and being well drained, take them out of the Tiffanies, and dry them in a Stove, or the Sun, in Glasses, to keep off the duft.

Apricocks, scald them to a tenderness, and dry the pulp in a pewter or earthen Dish over a Chasing-dish of Coals, then for a Day or two set ir on a Stone, and beat it afterward in a stone Mortar, adding as much sine Sugar as will make it a stiff Past; then colour it with Saunders, Cochineel, or Indico, rowl them long, tye them into Knots, and so dry them for use.

Apritock-Past: To make this, Pare your Fruit, and stone them; set them between two Dishes on a Chasing-dish of Coals, till they are boiled very tender; let them cool, and lay them out on white

Paper,

Paper, take their weight of Sugar, and boil it to a Candy heighth, with as much fair Water and Role-Water, as will dissolve the Sugar; then put the Pulp into it, and let it boil till it be as thick as Marmalade, still keeping it stirring; then on a Pye-Plate fashion it into the shape of whole Apricocks; and fo being dried, it will be very transparent, and eat more luscious and pleasant than Apricocks newly gathered from the Trees.

Apricocks to preserve: Take them when they are pretty well buttoned, yet fo tender that you may run a Needle through the Stones and all, without any difficulty; then put them into lukewarm Water to break them, and let them fland close covered in that Water till a thin Skin will come off with fcraping, and all this while they will look yellow; then put them into another Preferving-Pan, or Skiller of hot Water, and let them stand covered till they recover a curious green colour; then having equally weigh'd them with a like weight of Sugar, clarifie the Sugar with the White of an Egg, or some Water, and so preserve them for use.

If you would preserve in a close stopt Glass fifteen them when ripe, you must take out the Stones; you need then distil them in an Alem-

not at all boil them in Water, but with the Juice of fome of them dissolve the Sugar, and stew them in it; then having a Syrup of Sugar boiled to a height, put them in it till they look clear, and so set them up close covered for your use.

Aqua Cœlestis: To make this, Take of Cinnamon one dram, Ginger half a dram, the three forts of Saunders, of each of them a quarter of

of each of them a quarter of an Ounce, Cubebs and Mace, of each of them a Dram; Cardamum the bigger and leffer, of each three drams; Setwell-Roots half an ounce. Fennel-feeds, Anni-feeds, and Bafil-feeds, of each two drams; Angelica-roots, Gilliflowers, Thyme, Calamint, Liquorish, Calamus, Masterwort, Peniroyal, Mint, Mother of Thyme, and Marjoram, of each two drams; Red-Rofe-feeds and Flower, Bettony and Sage, of each a dram and half; Cloves, Nutmegs, and Gallingall, of each two Drams; the Flower of Stechadoes, Rofemary, Borrage, and Bugloss, of each a Dram and half; Rind of Citron three Drams: Bruife these well together, and put to them Cordial-Powders, the Spices made with Pearl, of each three drams: Infuse them in twelve pints of Aquavita, in a close stopt Glass fifteen Days with often shaking;

bick.

bick, and hang in the Spirit a Cloath, two drams of Musk, half a dram of Ambergreafe, and ten or twelve grains of Gold.

This excellent Cordial fortifies the Heart against the Plague, and all pestilential Diseases, expels Poison, and heals Aches and Pains.

Aqua Cpidemica : This is the London Plague-Water. To make it, Take the Roots of Tormentile, Angelica the greater, Piony, Liquorice, Elecampane, of each half an ounce; the Leaves of Sage, the greater Celandine, Rue, the tops of Rosemary and Mugwort, Burnet, Dragons, Scabeous, Bawm, Carduus Benedictus, Bettony, the leffer Centaury, the Leaves and Flowers of Marigolds, of each a handful; fhred, bruife and steep them four Days in a glass Alembick, and take from a quarter of an ounce to half an ounce at a time, and it mainly refifts the Plague, pestilential Fevers, and all infectious Difeafes, reviving and cheering the Heart and Brain, and rarefying and fweetening the whole Mass of Blood.

Aqua Lactis alexiteria:
Take Cardinis Benedictus, the
Leaves of Meadow-fweet, and
Goats-Rue, of each fix handfuls; Mint and common
Wormwood, of each five
Aandfuls; Angelica two hand-

fuls, Rue three handfuls: bruise them very well, and put to them three Gallons of the best new Milk; and suffering them to infuse for twelve Hours, distill them in a cold Still.

This Water, though it be frequently used as a simple Water in making up Medicines, is nevertheless of singular use it self, being a very gentle Alexipharmick, and may be given (to expel Malignity, and prevent the Infection) with other things. It comforts the Heart and Stomach, and sweetens the Blood taken singly; and so inosfensive it is, that you may take four, sive, or six ounces at a time.

Agua Mirabilis: To make this, (according to Dr. Willoughby's Receipt ) Take Galingales, Mace, Cloves, Cu-bebs, Ginger, Cardamoms, Nutmeg, Mellilot and Saffron, of each an equal quantity, in all four ounces; beat and bruife them well, and add Agrimony-Water a dram or two: Take of the Juice of Celandine half a pint, mingle them together with a quart of Aquávitæ and three pints of Whitewine, put them in a glass Still, and let them infuse twelve Hours: then distill off the Water with gentle fire under a Sand-Bath.

This Water dissolves the Swellings, and removes the Oppressions incident to the Lungs, helps and comforts them, being Wounded, not suffering the Blood to putrefie; and those that use it often, will have little cause to be blooded at any time, unless in cases of sudden or violent Bruises, or internal Bleedings, &c.

Maua Mirabilis : To make this, Take Cubebs, Cardamoms, Galingal, Mage, Cloves, Ginger, Mellilot-Flowers, of each one dram: bruise them : then take a pint of the Juice of Celandine, the Juices of Bawm and Spearmint, of each half a pint, Sugar a pound, Flowers of Cowflips, Borrage, Rofemary, Marigolds, and Bugloss, of each two drams; Canary three pints, strong Angelicawater one pint : bruise the Spices and Flowers well, and fleep them in the Sack and Juices the space of twelve Hours, and distil them the next Morning in a glass Still, laying Hearts-Tongue Leaves in the bottom of it.

This Water is an excellent Preserver of the Lungs, purifying the Blood, and removing the Defects of the Spleen; it helps Digefion, preserves a youthful Complexion, and contiues a good colour in the

Face.

Aqua Mirabilis: Take Cinamon the best fort an ounce; Nutmegs and Citron-Peel, of each fix drams; Cloves, Galangal, Cubebs, Mace, Cardamoms, Ginger, of each two drams: bruise them all together, and let them infuse in White-wine, and Spirit of Wine, of each, a pint, distill them in a moderate Sand-Bath.

This is an excellent Cordial taken from half an ounce to an ounce at a time: It fortifies the noble Parts, and re-

fifts Poison, &c.

Aquabitæ Regia: Take Lignum Aloes, Roots of Zedoary, Carline-Thiftle, and Valerian, of each an ounce, choice Citron-Rind, Mace and Cinnamon, of each fix drams; Cloves, the lefler Cardamoms, and Fennel-feeds, of each half an ounce; Flowers of Oranges, Rolemary, Sage, and Marjoram in the flower, of each two handfuls: bruife what requires it, and put them into a Matras with the Spirit of Wine and Malmfey, of each two quarts; stop the Vessel close, and let them infuse over a gentle fire for the space of three days: then diffil them, and diffolve into the distilled Bath Musk and Ambergrease, of each 2 dram and a half, and keep it for use in a close Vessel, or

This Water fortifies the Brain, Head and Stomach, and all the noble Parts, when enfeebled by the diffipation of the Spirits, or over-presed by the ill Qualities or abundance of bad Humours. It is to be taken fasting in a Morning from one dram to half an Ounce, mixed with proper Liquors, as Bawmwater and Mint-water.

Aquine's Diuretick=Ma= ter: Take the Roots of Parsley, Eringoes, Rest-Harrow, Juniper-Berries, and Alkekengi, of each two ounces, Pimpernel, Water-creffes, and Elder-flowers, of each two handfuls: bruise and macerate them twentyfour Hours in White-wine, add a quart of the Juice of Radishes, with one ounce of Narbone-Honey, Venice-Turpentine half a pound; distil them in a moderate Sand-Bath, adding to every part of the distilled Water dulcified Spirit of Salt.

This is an exceeding prevalent Water to strengthen the Heart, but is chiefly defigned for opening Obstructions in the Ureters and Bladder, and caufing a free Paffage for the Urine : You may fafely take it from one to three or four ounces.

Arcanum Carolinum : Put red Precipitate into an earthen Veffel well glazed; the bottoms from the Leaves

well rectified, fo fet fire to it. and when the Spirit is confumed add more: do this fix times.

This is excellent for Purging, and fometimes procures Vomiting, opening Obstructions, and diffolving fcirrhous tumours, and mainly contributes to the Cure of the French Disease. The Dofe is from three to five or fix grains.

Arfmart: The common fort of this is hot and dry. chiefly used in outward Wounds or Swellings. A Decoction of it is good to wash old Sores. The Water helps the Gravel in the Kidneys or Bladder; the Root or Seed put into an hollow Tooth cures the Tooth-ach.

Artery-Burt : Take Olibanum two ounces, Aloes Hepatica one ounce, the Wool of a Hairs Scut a little, the Juice of Ash-Leaves half an ounce; mix with these the Whites of Eggs beaten to Water,, and dipping a Rag into the liquid Compound, lay it to the Artery either cut, bruifed, or otherways afficted, renewing it as it dries, and then bath or anoint the Place with Oil of Rofes.

Artithoaks to bake : Boil them first in fair Water, and fo foon as you can separate pour on it Spirit of Wine without breaking, lay them

in a Dish, and season them with Nutmeg, Pepper and Cinamon, very lightly, having layed a Sheet of Past under them with some bits of Butter; then lay on Potatoes fliced round the Dish, also some Eringo-Roots and Dates, Beef-Marrow, large Mace, fliced Lemon and more Butter; close it up with another Sheet of Past, and being baked, liquor it with Grape-juice or Verjuice, Butter and Sugar beat up together, ice it with Sugar and Rose-water, and fo ferve it up.

artichoans to drefs: The best way is to boil them in a Beef-pot, and when they are tender fodden, take off the tops only, leaving the bottoms with fome round about them; then put them into a Dish, putting some fair Water to them and two or three spoonfuls of Sack, and a spoonful of Sugar, stew them on a Chafing-dish of Coals, take the Liquor then from them, and make ready some Cream with the Yelks of two Eggs, two ounces of Marrow, and as much fweet Butter as will ferve 'em up.

Brtichoaks flewed: Having first boiled the Artichoaks, take off the Leaves and the Choak, cut the bottoms into quarters, split them in the middle, pur them into a flat Stewing-pan, put under them Toasts of Bread, and

the Marrow of two Bones, five or fix Blades of large Mace, half a pound of preferved Plumbs, with two ounces of Sugar, and fuffer them to stew together the space of two Hours; then put them into a Dish with Sippits, garnished with Barberrie, and so serve them up, and they will make a delicate and much

approved Difh.

Ath, or Ath-Tree: The Seed of the Ash-Keys dryed, powdered, and drank in Whitewine, provokes Urine. The Juice of the Leaves drank constantly in drink prevents Fatness, and reduces those that are fo. The Bark and Wood dry and attenuate, and are supposed to soften the hardness of the Spleen by a specifick Quality. The Juice of Ash-Leaves drank, and the beaten Leaves outwardly applied, avail much against the biting of any venemous Greature, and stench blood. The Juice, with Honey, is good internal Bruises. Leaves and tender Twigs boiled in your usual drink, is good against the Dropsie: though the Seeds powdered and taken in Wine, in the Opinion of others, are more powerful. The Salt of Ash provokes Urine.

The prickly fort of this, which in many Places grows wild, being boiled in White-

C 4

wine

wine provokes Urine, is good against the Strangury or difficulty in making Water, expels Gravel in the Kidneys or Bladder, eafes Pains in the Reins; and boiled in Wine-Vinegar, closes the Arteries, and eafes the Pains of the Hip-Gout, or Sciatica: The Decoction of the Root boiled to clear the fight, and be-

ng held in the Mouth, eafes he Pains in the Teeth.

3fthma: Take the diftilled Water of Nettles, and Coltsfoot-water, of each one pint, Annifeeds and Licorice-Powder, of each two spoonfuls; Raisins of the Sun, and Figs fliced, of each a handful. boil them till half a pint of the Liquor be confumed, strain the remainder, and with a pound of white Sugar-candy finely powdered, make it inre a Syrup; take a quarter of an ounce at a time, and the Stomach will be helped to a good Digostion. It removes Obstructions of the alfo Lungs.

Mitringent Bomber: Take Bole-Armoniack, and Terrafigillata, of each two ounces: Pomgranat-Flowers, Red-Rofes and Dragons-feeds, of Sumach and Whortle-Berries. Frankincense and Mastick, of each two ounces: make all these into a fine Powder.

This Powder taken in Wine. or fome Decoction, from a scruple to a dram, in loffes

of Blood, weakness of the Stomach and Intestines, is fingular good: It may likewife be applied outwardly, incorporated with Whites of Eggs, Vinegar, or some Astringent-Water or Decoction, like a Cataplasm, to stop defluxions and loss of Blood, and to close strengthen or Parts.

Altringent Saffron of Mars: Take of the filings of Steel and Sulphur powdered an equal quantity, mix them well, and make them into a Past with Water; put the Past into an earthen Vesfel, and fuffer it to ferment there four or five Hours; after which fet the Veffel over a quick fire, and with an iron Instrument fit for that purpose, stir the Matter about. and it will flame: fuffer the Sulphur to burn out, and it will appear very black, yet continue it over a brisk fire: and flir it about for two Hours after, and then you will perceive it of a red Colour; then wash it five or fix times in ftrong Vinegar, leaving it to steep an Hour at a time, and then calcine it in a Pot or on a Tile in a great fire five or fix Hours: after fuffer it to cool, and stop it up close.

Thens: This Herb is Astringent in fome degrees, it strengthens and discusses, being cephalick and cordial, and

refifts

resists Poisons; though it is mostly appropriated to the Cure of Catarrhs, and for quickening the Blood when thick or coagulated. Wine, wherein the Roots have been steeped, have a fine pleasant tast and smell: It cheers the Heart and opens Obstructions. The Root insused in Beer, is excellent in strengthning the

Joints, and Bowels. Two ounces of the Root, or a handful of the Herb boiled in Water or Posset-drink, to the quantity of a Quart, and consumed to a fourth part, has been used successfully in the Cure of Agues, more particularly the Tertians, by taking it two Hours, or thereabout, before the Fit comes.

#### BA

BA

To remove this Pain,
Take the Marrow of
the Bone of a Horse;
and a little of the Juice of
Elder-Leaves, mix them together over a gentle Fire, and,
when become an Ointment,
chase it into the Place
grieved.

Mack heated: To remedy this, Take Rose-water, insuse therein, for twelve Hours, Red and Yellow-Saunders, the Leaves of Red-Roses; then bath your Back with the liquid part, blood-warm, and it will assume the Pain, and in a little time utterly remove it.

Back wasting: Take Plantain and Ribwort, distill them in a common Rose-Still; and when you are to use the Water, take Pippins, roast them.

and take away the Skin, and Core; then put them into Water, making thereof a Lambs-wool as thick as you please; and this being sweetned with Loaf-Sugar, take thereof half a pint when you go to Bed, and so do nine Nights together. It is also good for the Strangury, and many Pains incident to those Parts.

Back, weak: To strengthen the Back, if it be over-strained or troubled with Pains or Aches, take the Yolk of a new-lay'd Egg, put to it a quarter of a pint of Muscadel, or Alicant, and being well warmed, grate in some Nutmeg, and drink it hot twice a Day.

Back, weak: Take of the Pith or Marrow of a Black Ox's Back-Bone three ounces,

Dates

Dates stoned and sliced two ounces, boil them well together in a pint or more of Muscadin, and take two or three spoonfuls Morning and Evening, and you'll find it exceedingly ftrengthen the Back, especially of old Peo-

ple.

Balls of Engs; tryed : Put your Butter or tryed Suet into the Pan, and when it is melted and hot, stir it about till it runs round in Circles; then break an Egg in the midst of the whirling, and whirle it round till it becomes as an Egg poached, and it will, with the motion, become as round as a Ball; then take it up with a flice, and put it into a warm Pipkin or Dish, and fet it a leaning against the Fire: You may do thus by divers, and ferve them up with fryed and toafted Collops as a dainty Dish.

Wattom: The following Balfom is very excellent for any Wounds, Burns, Scalds. old Sores, Botches, Scabs, &c.

Take Conduit or Springwater, and Olive-oil, of each a quart, Turpentine four ounces, Liquid-Storax fix ounces; put them in an earthen glazed Pot, and fuffer them to stand together all Night: in the Morning having melted half a pound of Bees-wax, fhred Marjoram, Rosemary. and Bays, of each a handful,

fmall; then add Dragons-Blood, and Mummy made fmall, of each an ounce: Let them boil in the Wax a while, then add Oil of St. John'swort, and Rose-water, of each two ounces; boil it together a little more, and then put in some red Balsom, and red Saunders pulveriz'd, and being cooled, make a hole to let out the Water; dissolve it again on a Fire, and put it up in a close Pot for your use. This Balfom likewife cures the Head-ach, only by anointing the Nostrils therewith; also it is exceeding good in the Wind-Colick, or Stitches in the Side, being warmly applied to the Side or Belly, an ounce at a time, for four Mornings.

Waltom: That called Lucatello's, fo highly in esteem for its Virtues, is made after this manner: Olive-Oil three pints, Venice-Turpentine one pound, Sack fix spoonfuls, yellow Wax one pound, natural Balfom half an Ounce. Red-Saunders in Powder and Oil of St. John's-wort, of each an ounce; wash the Turpentine three times in Rose-wawater, then flice the Wax thin, and place it on the Fire, and being thinly melced, put in the Turpentine, incorporate them well by fhirring : then let it fland till the next Day; cut it in thick flices, beat and bruife them very and let all the Water drain

out, and melt it again; put in the aforesaid Oils, Balsam, and Saunders, with about six spoonfuls of Sack; stir them well together again over a gentle Fire for the space of an Hour, that it may become thick; and being cool, use it for Wounds with Gunshot, Scalds with Lead, Sul-

phur, Blafting, &c.

Take of clear Turpentine two pound, Linfeed-Oil one pound, Rosin six ounces, Myrrh, Aloes, Mastick, Sarcocoll, Mace, Wood of Aloes, of each two Ounces, Saffron half an ounce; put them in a glass Retort, and set them in Ashes; and when they are distilled, there will come out a clear Water, and after that a redish Oil, which is excellent in curing Wounds, healing old Sores, cleaning Ulcers, &c.

Ballom of Sulphur: It has an excellent Virtue to cure Ulcers of the Lungs and Breaft, and wonderfully cleanfes all other Ulcers. The Dose is from ten to twenty Drops, and may at any time be taken, though not too often, with any convenient Liquor mixed with Sugar to abate a little the sharpness

of it.

Barberries: These are cooling and astringent, they provoke Appetite, are great strengtheners of the Stomach, which is the reason the Conferve is used so much in Fevers, Loofness and Bloody-Flux, for which it is very good: The inward Bark of the Branches and Root steep. ed in White-wine, are prevalent in the Cure of the Yellow-Jaundice: A Concoction of the Bark, the Juice of the Berries, or the Juice of the Leaves mixed with Vinegar, cure the Tooth-ach, occafioned by fluxion of Rheums. The Conferve is usually taken with fuccess in Inflammations of the Mouth and Throat: or more expeditiously, if the Mouth be gargled with fome of the Conferve dissolved in Vinegar and Water.

Barberries to pickle: Take the largest Bunches, steep them an Hour of two in warm Water and Salt, then boil up the Water with more Salt, having first taken the Barberries out: when the Liquor is cool, put in a few flices of Ginger, and a little lump of Alom, and then press the Barberries down with a Stone or Slate, cover them close. and keep them for your use. Thus Medlars, Services, Grapes, and fuch-like Things, are pickled to keep all the Year.

Batherry-Tree, the Virtue: The inward Rind of this Tree boiled in White-wine, and every Morning a quarter of a pint of it drank, is very much approved for cleanling the Body from cholerick Hu-

mours,

mours, and freeing it from fuch Difeases as Choler causeth, viz. Scabs, Itch, Tetters, Ring-worms, Yellow-Jaundice, Boils, and the like. It is also excellent for Agues and Burnings, scalding Heat of the Liver, and the Bloody-Flux. The Berries have the same Virtue.

Marie: This is a common Grain amongst us, and of great use in many Cases; many of its Virtues are known but to a few. It is too well known to need a Descrip-

tion.

Its Virtues: The Meal of Barly boiled in Honey and Spring-Water resolveth all Inflammations or Imposthumes; withRofin, and Pigeons-Dung, it ripeneth all hard Swellings; with Mellilot and Poppy-feeds, it eafeth Pains in the Sides; applied Poultiswise pretty hot, and mixed with bruifed Quinces or Vinegar, it eafeth the Inflammation of the Gout in the Legs or Feet: The Ashes of burnt Barly mixed with Olive-Oil, is very good for Burns or Scalds.

Barly-Bosset: Boil half a pound of French Barly in three pints of Milk, boil it till it is enough, then put in a pint of Cream, some Mace and Cinnamon; sweeten it with fine Sugar, and when it is just warm, pour in a pint of White-wine, froth it up, and eat it with a Spoon; or press out the liquid part, and drink it.

Barl p-Pottage: Take a pound of French Barly, cleanse it well from Husks, put it into two quarts of Milk to steep, and boil it a little; when it is pretty well boiled, put in a quart of Cream, an ounce of Salt, some Mace, a little Stick of Cinamon broken in small pieces; and when it is thick enough, scrape some sine Sugar into it, and serve it up.

2Battl (Garden): This comforts the Heart, and expels Melancholy, moves the Courses, and cleanses the

Lungs.

There is another fort called Wild Basil, which forces the Courses and the Birth, and removes Melancholy, being bruised and infused in Wine.

Waltings of Meats oz Homis: (1.) Clarified Suet. (2.) Fresh Butter. (3.) Mincod Sweet-herbs, Butter and Claret-wine; and this last is excellent for Mutton or Lamb. (4.) Water and Salt. (5.) and especially for a Flayed Pig, Cream and melted Butter well beaten up together. (6.) Yolks of Eggs, Juice of Oranges, and grated Bisket: And If this be intended for large Fowl, as Buffards, Peacocks, or Turkeys, you may use the fame.

White-wine, froth it up, and Bath for the Legs: For Diseases in the Legs make this

Bath,

Bath, Take Sorreland Fumitory, of each two handfuls, Nep one handful, Barly, Bran and Lupins, of each half a handful, and a like quantity of Violet and Mallow-Leaves; white and black Ellebor, of each an Ounce, Honey two ounces: let them boil in a fufficient quantity of Water till the third part be confumed, and then bath the Legs with it very warm. It is good for Sores, Scabs, Botches, Boils, and Aches, and the Gout.

Bath for a Rupture; Take of the Bark and Flowers of Poingranets, Cups of Acorns and Sumac, of each an ounce; Lark-Spurs and Comfrey, of each a handful; Hypociftis, Galls, and Alom, of each two drams; Roses, Camomile, and Anni-seeds, of each two pugils: boil them in an equal proportion of Red-Wine, and Smiths-Water, and with the Decoction bath the Part affected.

May=Tree: The Decoction of the Leaves, Bark and Berries of this Tree, makes an excellent Bath for the Difeases of the Womh and Bladder: The Oil of Barberries is very useful in cold Diseases of the Nerves and Joints. The Electuary is frequently used in Clisters to expel Wind; it also eases the Pains of the Colick; and in like manner does the Concostion of the

Berries in Ale or any dulcified

Liquor.

Boellium: To make the Tincture of it, Take Bdellium in Powder one ounce, Spirit of Wine fixteen ounces, mix, digest, and extract a Tincture which keep for use. This, as the Gum, eases the Colick, provokes Urine and the Terms, expels the Afterbirth, and is Traumatick and Vulnerary: The Dose is from one dram to a dram and a half.

Weef to Collar: Take the Flank, and when you have taken out the Sinews, the more skinny part, and fome of the Fat, put it into as much Water and Salt as will cover it; let it steep three Days, then hang it to drain in the Air. and dry it with a Linnen-Cloath; Mince Tops of Sage, Rosemary, Marjoram, Savory, and Thime shred small, get a quarter of an ounce of Mace, half a quarter of an onnce of Cloves, a flice or two of Ginger, half an ounce of Pepper, and fome Salt, rowl them up in it, bind it up well, and put it into an Oven and bake it.

Beef to Souce: Take the Buttocks, Cheeks, and Briskets of Beef, feason any of them four Days with Pepper and Salt, roul up them as even as you can; boil them in a Cloath ty'd fast about, in Water and Salt;

and

and when it is pretty tender, put it into a Hoop-frame to fashion it round and upright; dry it in some smoaky Place, or in the Air, and cutting it out in Slices, serve it up with Sugar and Mustard; observing before you dry it, to souce it in Water, Vinegar, and a little White-wine and Salt.

Beet is hot and dry: It loofens the Belly, and the Juice fnuffed up the Nostrils, occasions fneezing, and purges the Head: The Leaves boiled and eaten with Vinegar, create an Appetite: They extinguish Thirst, and suppress Choler in the Stomach. The Juice of this Herb snuffed up/ into the Nostrils, gives ease to an inveterate Headach.

Benjamin: This is an odoriferous, fragrant, and well fcented yellow Rosin, or Gum, very much used among the Perfumers; it attenuates, and is pectoral, used chiefly inwardly against Catarrhs, Coughs, Colds, Asthma's, Obstructions of the Lungs: It purges the Brain by sneezing, and likewise fortises the Heart, and resists malignant Humours, being taken in Wine, &c.

Benjamin Spirit: Put one Pound of Benjamin in a Cucurbit of glass, and distil it in Balneo Marie, or a Sand-Furnace and there will first come over a clear Liquor which will have the odoriferous Scent of Benjamin.

Benjamin, a Tincture : Take of Benjamin three ounces, Storax half an ounce, let them be powdered grofly, put them into a Matrass or Bottle. to that either of them may be but half filled, then pour on them Spirit of Wine, stopping them close and covering the Veffel with warm Horse-Dung; foret the Materials digest for fourteen Days, then filter the liquid part, and keep it close stopped in a glass Viol, and you may, if you pleafe, add five or fix drops of Balfom of Peru, to give it the better Scent.

This wonderfully whitens the Face and Hands, and is an excellent Wash to take away Spots or any Deformities; but you must not put above a dram of it into four ounces of Water, which is sufficient to turn it to the whiteness of Milk, and then it is called by the Beautisiers, Lac Virginis, Virgins Milk.

Bezoat is a very highly esteemed Powder and excellent against all forts of Poisons and Venoms; for it fortifies and defends the noble Parts, and expels the Malignity by Sweat, or by insensible Transpiration. The Dose taken in Sack, or some other Cordial-Wine or Wa-

ter, is from a scruple to a

Besoardick-Balsom: Take distilled Oil of Rue, the Rind of Citron; the Peels of Oranges, Lavender, and Angelica, of each half a scruple; Oil of Amber rectified five drops, Camphire four grains, Oil of Nutmeg half an ounce: make these into a Balsom by bruising and well incorporating over a gentle Fire.

It is good in peffilential Airs, and apoplectick Fits, or any disorder of the Brain

The use of this is excellent in all pestilential Distempers, being a rare Cordial to fortisse and strengthen the Heart in any Plague or pestilential Fever; Take the weight of three Barly-corns in a spoonful of Carduus, Bugloss or Borrage-Waters, and keep your self moderately warm Morning and Evening.

Bezoardick-Mater: Take the Roots of Carline-Thiftle and Swallow-wort, of each four Ounces, Leaves of Water-Germander, Rue, Carduus-Benedictus, Thyme, Tops of St. John's-wort, of each two handfuls: bruife and fired thefe, and fuffer them to macerate or infuse in four pints of distilled Water of Nuts, and one pint of Spirit of Wine, distil them in a Sand-Bath with a moderate Fire;

burn the Sediment, and ex-

tract a Salt out of it, to be dissolved in Water when you use it.

This small Herb growing up from a Root that has something of a sweet Savour in it like Garden-Musk, is good, being bruised or applied to green or old Wounds; and also for Ruptures, the Herb being applied Poultiswise when the Parts are well trussed up.

Bilberries: These made into a Syrup, are cooling and astringent, allay the Hear of the Stomach, and quench Thirst.

Abite: To cure this Grievance, take a white Lily-root, rost it in the Embers in a brown Paper; then bruise Figs small and Fenugreek-seeds with Linseeds, of each a quarter of an ounce; beat these well together, boil them in new Milk until it be thick, stir it well and put to it a quarter of a pound of Barrows-grease, and lay it on Poultiswise.

Birth-Bark: It is bituminous, and therefore mixed with Perfumes, it renders a wholfom Air in fuch Places as it is burned. The Fungus of it has an affringent quality, fo that it very strangely stops bleeding. The Tree being pierced in the Spring before the Leaves come forth, yields a very wholsome and

nourishing

nonrishing Liquor against the

Dropfie.

Birch-Tree-Leabes: These are hot and dry, cleaning and resolving, opening and bitter, for which Cause they are much available in Dropsies, in the Cure of the Itch, and taking away Scurf and Deformities from the Skin; and the decoction of them in Water or White-wine is very good to wash old Sores or Breakings-out in any Part of the Body.

drying quality, and therefore used successfully in Drinks or Potions to be given for Wounds, as also to be applied outwardly. It also helpeth the Rupture, being taken in-

wardly.

Bisket: To make Bisket the best way, Take half a peck of Flower, four Eggs, half a pint of Yest, an ounce and a half of Annifeeds; make these into a Loaf with sweet Cream and cold Water: fathion it somewhat long, and when it is baked and a Day or two old, cut it into thin flices like Toasts, and strew them over with powdered Sugar, dry it in a warm Stove or Oven, and fugar it again when dry; and so do three or four times, and fo put them up for use.

Bistout the greater: This is cooling and drying, the Root is harsh and astringent,

being mostly used to stay Vomitings, and to prevent Abortion, &c. The Powder of the Root mixed with Conserve of Roses, prevents spitting of Blood, as also the Bloody-Flux: It stops the immoderate Courses, and the Powder sprinkled on fresh Wounds, stays Bleeding.

Take of the Roots of Biflort and Tormentil, of each
an ounce; of the Leaves of
Burnet, Wood-forrel, and
Meadowfweet, of each a
handful; burnt Harts-horn
two drams, Ivory the like
quantity: boil them in three
pints of Spring-water to the
Confumption of a third part;
then add three ounces of red
Roses, strain the liquid part,
and take six Spoonfuls a Day
if you see convenient.

Bistort-Mater: It is excellent in making the white Potion for a Gonorrhea, and the Whites in Women: The fresh Root made into a Cataplasm, eases the Pain in the Gour. The Herb is cold, dry and aftringent, stays Fluxes in the Bowels, also Vomiting, and brings a disordered Body into a good Temper and Habit.

Bitting by a Snake, Adder, or Mad Dog: Take a handful, or more, of Hazle-Nuts, Rue about a quarter of a handful, a Clove of Garlick; stamp these with a quarter of a handful of Ash-leaves or Ash-keys, squeeze out the Juice,

and

and put a little Venice-Treatcle to it, and drink it very warm in Beer, Ale, or Wine.

Black-Budding: To make this the best, and far exceeding the common way, Boil the Umbles of a Hog tender, take some of the Lights with the Heart, and all the Flesh about them, taking out the Sinews, and mincing the rest very fmall; do the like by the Liver: add grated Nutmeg, four or five Yolks of Eggs, a pint of fweet Cream, a quarter of a pint of Canary, Sugar, Cloves, Mace and Cinamon finely powdered, a few Carraway-leeds, and a little Rose-water, a pretty quantity of Hogs-fat, and fome Salt: roul it up about two Hours before you put it into the Guts, and then put it into them after you have rinfed them in Rofe-water

Blamanger to make : Take a Capon, either boiled or roafted, and mince it small; then blanch a pound of Almonds, and beat them finely till they become a Paft; beat the minced (apon among it with fome Rose-water, mingle it with Cream, and ten Whites of Eggs, and grated Manchet: then strain all the foresaid things with Salt, Sugar, and a little Musk, boil them in a clean Pan or broad Skillet to the thickness of Pap; flir it continually in the boiling, and barning boiled;

firain it again, and ferve it according to what form or fafhion you pleafe.

To make your Past into quaint devices, Take a quart of fine Flower, a quarter of a pound of Butter, and the Yolks of four Eggs; boil your Butter in fair Water, and put the Yolks of eight Eggs on one side of your Dish, and make up your Past quick and stiff, but not too dry.

Miamanger another way : Take half a pound of fine fearfed Rice-flower; put to it a quart of Morning-Milk, fet a broad Skillet, and strain them into it, fet it on a gentle Fire, and ftir it with a flice: and when it is a little thick. take it from the Fire, and put in a quarter of a pint of Rosewater; fet it to the Fire 2gain and flir it well, and in ftirring beat it to the fides of the Skillet, and when it becomes as thick as Pap, take it off, and put it into a fair Dish, and when it is cold, lay three flices in a Diffi, and scrape on Sugar.

Bliffers to draw: To do this without the help of Canatharides, Take Grows foot a handful, put to it about a spoonful of Mustard; beat them very well together to the consistence of a Poultis; put this to the thickness of a Man's little Finger in a Box-cover cut shallow; and about

the breadth of the Palm of ones Hand, and cut a hole of the wideness of the Box in a Plaister of Diapalma, or the like, to make it stick; and this apply to the Part, and let it lye on twelve or four-teen Hours, because it works as well more flowly than Cantharides, as more safely and innocently.

Blifters. Another: Take Cantharides reduced to Powder, and upon half an ounce of this put two or three ounces of Spirit of Wine: let them continue together four or five Days, that the Spirit may gain a good Tincture: then filter it, and dip into it a Linnen Rag fix or feven times double, and of the figure and largeness that you defire: This Cloath being thoroughly wet, and covered with a Melilot-Plaister, or a Plaister of Diachylum, to keep it flicking on, apply it to the Part, and at the end of five or fix Hours you may take it off.

Blites: This Herb eaten as a boiled Sallad, loosens the Belly, cools Hears of the Stomach and Bowels: The Juice, which may be taken to four ounces, prevokes gentle Vomits. A Syrup made of the Juice is very cooling, and allays the Heat of the Blood, also of the Liver and Spleen, abates the Heat of violent burning Fevers, and a Saline

Obstructions, cools the Reins and Bladder, provoking U-

Blood extravasated: Grate or rasp the Roots of well grown Burdocks into a fine Powder, spread it on a Linnen-Cloath, bind it quite round the affected Part, and renew it twice a Day:

2Blood-spitting: Take Comfry-Roots fix ounces, Leaves of Plantain two handfuls, beat them well together in a stone Mortar, then pressout the Juice, which strain through a Linnen-Cloth; let it settle, then boil it up to a Syrup, and clarifie it with the White of an Egg. Take a spoonful of this Syrup several times a Day, and at any time in the Night.

Take Leaves of Colts-foot half a Handful, shred it very small, then fry it with a little Bacon; then put to it the Yolk of an Egg, and shir it in the Morning fasting. Continue this for some time.

Blood to stanch: Take Hungarian Vitriol and Alom, of each half a pound, Phlegme of Vitriol ten pounds, boil them till the Vitriol and Alom are dissolv'd; and being cold, filter them through a brown Paper; and if any Crystals shoot, separate the Liquor from them, adding to each pound an ounce of Oil

of Virriol: Dip a Cloath into this Liquor, and apply it to the Part affected.

blood to sweeten: Take of the best and clearest red Coral an ounce, reduce it (by grinding it very well on a Stone or Porphyry) to an impalpable Powder: Take a dram at a time of this Magistery made without Acids, as long as you find you've occasion

Bine-Bottles: The diflilled Water of the Flowers give help in the Inflammations of the Eyes, and in drying up and healing putrid Ulcers: The Powders of the Flowers taken inwardly are very effectual in the Jaundice.

Zotpebound: To remedy Cossiveness, boil in a large Porringer about a handful of the Leaves of common Mallows, and let the Parry sup them up before Meals.

Bole Armoniack: To prepare this, you need no more than moisten it with May-dew, or any other Dew not too gross, and dry it in the shade.

Borrage: This is one of the four Cordial-Flowers, it comforts the Heart, cheers Melancholy, revives the fainting Spirits, and purifies the Blood: The Water of it is good for Inflammations of the Eyes, and for Fevers; and Liquid.

the like virtue has the Conferve made of the Flowers: The Conferve of the Flowers mixed with Wine, opens Obstructions in the Female Sex

25022 baked : This is tifually meant of the Parts of a wild Bore, though it will indifferently ferve for any: Take the Leg, feafon it very well, and then lard it with Lard seasoned with Numer. Pepper and beaten Ginger : lay it, the Bones being taken out, in a Pye with fine, but ftrong thick Cruft: sprinkle it over with the foremention'd Spices and Salt. putting a few whole Cloves and Bay-Leaves on it. with large flices of Lard, and flore of Butter: and being baked. liquor it with Iweet Butter. and stop up the vent; and if you would have it keep long. bake it in an earthen Pan. and filling it up with Butter, it will, if it be not fer in a very moist place, keep a whole Year; or before you put the Flesh into the Pye, you may lay it in foak two Days, then parboil it, and bake it in all Points feafoned as before.

Mor-Leaves: Dry them and powder them; then take from one dram to one and a half: They purge gently; to does the Decoction of an ounce and a half of them in Whey, or fome fuch like Liquid.

D 4

Black-Berries: The Berries not quite ripe, are very afringent: A Decoction of them heals fore Mouths, and allays the Heat of Fevers.

Collar of Brawn into flices, and lay it on a Plate in an Oven; and when it is broiled enough, ferve it up with the Juice of Oranges, Pepper, Gravy, and beaten Butter.

Mann of a Pig: Let not your Pig be any way spotted, yet pretty large and fat, and being scalded, draw and bone it whole, only the Head being cut off; then cut it into two Collars overthwart both the fides, and being washed, foak them in Water and Salt two Hours; then dry them with a clean Cloath, and feafon the infide with minced Lemonpeel and Salt; rowl them up even at both ends, and put them into, a clean Cloath, bind them about very tite, and when the Water is boiling, put them in , adding a little Salt, keeping the Pot clean fcummed, and when they are fufficiently boiled, hoop them. and keep them in an even Frame, and being cold, put them into a fouced Drink made of Whey and Salt, or Oatmeal boiled and strained, and then put them into fuch a Veilel as you can conveniently ftop up from the Air.

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Brainn to fouce : Take a fat Brawn about three Years old, and bone the Sides, cut the Head close to the Roots of the Ears, and cut fine Collars of a fide Bone, and hinder Legs, an inch deeper in the Belly than on the Back, bind them up equally at both ends, foak them in fair Water and Salt a Night and a Day, put them into boiling Water, keeping the Pot continually fcum'd; and after the first quick boiling, let them boil leifurely, putting in Water as it boils away, and fo lessening the Fire by degrees, let them stand over it a whole Night, then being between hot and cold, take them off into Moulds of deep Hoops, bind them about with Packthread, and when they are cold put them into Souce-drink made of Oatmeal ground or beaten, and Branboiled in fair Water; being cold, strain it through a Sieve, and putting Salt and Vinegar to it, close up the Vessel tite, and so keep it for your ule.

Take four pound of Wheatflower very fine, a pint of new Ale Yest, beat the Whites of six new-lay'd Eggs, mingle them together, adding three spoonful of Salt finely beaten, then so much Milk and fair Water, an equal quantity, as will make it into a Dough, so that it may be pretty stiff;

and

and having worked it welf that it becomes of an even mixture in all Parts, cover it with a wooden Tray pretty, warm, and when the Oven is prepared for receiving it, make it into Rouls, or as you pleafe, and when it rifes and begins to look brownish, take it out, chip off the Crust whilst it is

pretty hot.

Breading Meats or Fowls: These being divers ways to be done, it is necessary they should be here fet down in order to prevent their being frequently mixed, and not readily found upon occasion. (1.) Flower mixed with grated Bread. (2.) Sweet-Herbs dried and powdered, mixed with grated Bread. (3.) Lemon-peel dryed, fo that it may be leaten into Powder, or Orange-peel scraped very small, and mixed with grated Bread and Flower. (4.) Sugar finely beaten and mixed with Cinamon, grated Bread, and fine Flower. (5.) Coriander-feeds, Fennel-feeds, Cinnamon and Sugar finely beaten and mixed with Flower. (6.) For young Pigs, beaten Yolks of Eggs, beaten Pepper, Nutmeg, and Ginger mixed with grated Bread, and a little fine Sugar. (7.) Sugar, Bread and Salt only mixed. This is generally. known by the Name of Dredging or scattering over the Fowl, or Meat, whilst roast- be with the Tallow of Can-

ing, to keep it up to a good colour, and fecure the Gravy from too much evaporating by the Heat of the Fire, or running out into the Drip-

ping-Pan.

2Breaft-aching: This is either occasioned by the emptynels of the Veins, or a pricking caused by virulent Humours: To remove this grief. take a piece of Flannel of a deep blue Colour, fo often dipt in the Dye, till it looks as if it were black; anoint the Breast with Oil of Camomil and Smallage, and then cover it warm with the Flannel.

Breast canker'd: To remedy this grievance, Take a mellow Pippin of about a Year old, cut off the top, and take out the Core, fill it with Hogs-Lard, and cover it with the Cap: roaft the Apple then to Pap, so take off the Skin, and mingle the Pulp. and Greafe together; then spread it thick on a Linnen-Cloath, and apply it to the Place grieved very warm, and cover it over with a piece of a Bladder or the Skin of Suet; and by often renewing it, the Party will find it a Remedy.

Breast cold: For a Cold in the Breast, Take half a Sheet of brown Paper of as even a mixture as can be had, anoint it over as even as may

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dles that have been made a long time: do this before a Fire, to that the Paper may be thoroughly penetrated; then grate over it as much Nutmeg as will cover it, clap it warm to the Pit of the Stomach, that it may reach a good way above and below it.

Breatt fore! This comes many times through want of Milk, and frequently after Child-birth: To remedy this, Take of Barrows-greafe half a pound, yellow Bees wax an ounce, Burgundy-Pitch five ounces, Venice-Turpentine one ounce; put these into a Skillet with a quarter of a pint of fair Water, and let them simper over a gentle Fire, fourning off the bubling Froth, and pour it into an earthen Pan to cool: when it is cold, take it out of the Pan. and scrape off the Dregs or Drofs at the bottom; melt it again, and refine it over the Fire, and fo making it into Plaisters or Cerecloaths, apply it to the Place grieved.

Breatts of Women: Womens Breatts, especially after their Lying-in, contract a hardness, and are fore, occafioned by gross Humours fixing there: To remedy this, Take two Turnips, boil them in Spring-water till they are very tender, then press out the Water, and mash them in

a wooden Dish or Mortar; scrape on them an ounce of Bole-Armoniack, and make them into a Poultis with fresh Butter; and being layed to the Breasts very warm on a hot Linnen-Cloath, they will take away the Pain.

to help: Take a quarter of a pound of blue Figs, an ounce of Licorice, Caraways and Annifeeds, of each half an ounce; boil them in two quarts of Ale till a pint be confumed, and then fweeten it with Sugar-Candy: Drink half a pint Morning and Evening.

Breath to sweeten: Take the dried Flowers and tops of Rosemary, Sugar-Candy, Cloves, and Mace, of each two drams, Cinamon one drams, dry these and beat them into fine Powder. About a dram of this at a time in a new-lay'd Egg, suckt up fasting Morning and Night, clears the Lungs from offensive Matter, and sweetens the Breath.

2620ek-time is excellent in the Scurvy; it powerfully expels the Stone in the Bladder and Kidneys; it provokes the Courfes. For the Scurvy, Take the Juice of Brooklime, Water-Greffes, and Scurvy-grafs, of each half a pint; the Juice of Oranges four ounces, fine Sugar two pound; make a Syrup of it, and take

a fpoon-

fpoonful of it in your ordinary Drink.

Broken-Welly, or Bur= tenness : Take Cranes-Bill. usually called Columbinum, reduce the Roots and Leaves to a fine Powder: take about half a spoonful of this Night and Morning forabout threeWeeks together, washing it down with a spoonful or two of Red Wine or Claret.

25200m : The Root of this is an excellent Opener, being one of the five opening Roots, and is principally made use of for Obstructions of the Liver, the Urine and the Courses. The Syrup of the five opening Roots, is thus:

Take the Roots of Fenel, Butchers-Broom, Asparagus, Pariley, and Smallage, of each two ounces, Spring-water three quarts, digest 'em hot, and boil them in Balneo.

26200m - Rape: The Herb or Roots of this are to be had Candied, and rare very good in the Diseases of the Spleen and Melancholy

Broth, very excellent : Parboil two young Cocks, the Legs and Wings being cut off; foun the Water you boil them | the Place grieved with it as in very clean a then take them hot as your can and chafe out, and walk them in cold

of Harts-horn, with an ounce of Cloves, Mace, Pepper and Ginger mixed together; feafon it with a little Salt, and cover the Pipkin close,) and fet it in a Pot of boiling Water, so that the Water get not into it: let it boil for fix Hours, then pour out the Broth, fqueeze into it the Juice of Lemons, and ferve it. This is excellent to strengthen or restore decayed Bodies after Sickness, and for such as are Confumptive.

Bruile: To remedy the Pain of a Bruife or Swelling. Take a pint of fair Water, boil in it a handful of Salr. and half a handful of Ashleaves, or Ash-bark; bruise then the Bark, or Leaves; and Braining out the Liquid part, dip Linnen-Rags in it, and apply them to the Place grieved.

Buile in the Head : Take Rolin, and a little Red-Deer's Suet, Camphire, and Whitewine, fer them over a moderace Fire till it boil; then strain it and beat it till it comes to an Ointment, over a fomewhat gentler Fire, and anoint BURGOS civin.

Water, and with a pint of own bruife, with great mel-Rhenish-Wine, and two quarts ting: Take Herng, Tow, or of ftrong Broth, put them in Plax, moisten it with Brandy, to a Pipkin or convenient Vel- and spread it over with Hofel, add two ounces of China-ney; then fprinkle Brandy Root, and an ounce and a half again upon the Honey, and bathing bathing the swelled Part with some Brandy very warm, lay on the other, and it will not only sink the Swelling, but give ease to the bruised Part by dispersing the gathering

Humours.

Bucks-Bom : This is a fmall Plant or Herb growing in barren and fandy Grounds, and comes up with some of its Leaves jagged or sprouting out at the fides, like the Horns of a Buck, from which Allufion, I suppose, it takes its Name. This is a kind of Plantane different from some others, and has a quality of binding and drying. Desoction in Wine drank and the bruifed Leaves outwardly applied, ease the Pains, and remedy the Bitings of most venemous Creatures; and the Juice helpeth those that are troubled with the Stone or Gravel in the Kidneys, Bladder, or Reins, and Stops Bleeding.

Bugle, its Virtues: Either inward or outward it is a good vulnerary Herb; it is used in the Yellow Jaundice, and Obstructions in the Liver,

Reins and Bladder.

Bugiols: Take the Juice of Bugiols clarified three pound, white Sugar two pound; boil them up to a Syrup. This Syrup chears the Heart, preyents swooning Fits, and expels Melancholy.

lian way: Break the Bones for that the flesh be as little mangled with them as may be wash it very clean in shifted Waters, and let it steep three or sour hours; then boil it in fair Water with some Bolonia-Sausage, and a piece of interlarded Bacon; and when they are tender boiled, dish them up, and garnish them with Flowers and Greens, and serve them up with Mustard and Sugar in Saucers.

Bultock's= Cheek to Stew: Having cleaned, well foaked and ordered them, by taking out the Bones, after you have half-roasted the Meat by an indifferent quick fire, fave the Gravy, and put them into a Pipkin with fome more Gravy and Claret-wine also some frong Broth ; fliced Nutmeg and Ginger, Salt and Pepper, with an Onion and a Shalot or two : let it few about two hours, and so with the Materials it is stewed in serve it up on carved Sippets, and it will be an excellent Dish, worth all

your cost and trouble.

But of the Meadow:
This Herb, or Plant, grows in wet places, most commonly by Rivers and Ditch-sides in Meadows & Marshy-grounds, flowering very early, so that they decay in February or March, before the Leaves appear, which put not out till April. The Sun claims an

extraor-

extraordinary Influence over this; and therefore, as all other Herbs under the Solar Government, it is a great strengthener of the Heart, chearing the Vital Spirits. The Roots are good against the Plague, and Pestilential Fevers, by provoking Swear, if they be powder'd, and taken in a glass of Whitewine. They likewise greatly result Poyson: being taken with the Powders of Angelica and Zedoary they prevent the Rifing of the Mother. The Roots boiled in Wine, are good for those that are troubled with Shortness of Breath.

Burnet: This Herb, infused in Wine, chears the Heart, and renders it very pleasant, by imparting a curious Smell and Taste to it: it preserves against the Plague, and the Bitings of Mad Dogs, and also resists Poysons.

Burnet-Mater : Take the Tops of Wormwood, Rofemary and Burnet, Mugwort, Sun-dew and Dragons, Scabious, Agrimony, Carduns, Bettony, Baum, and the Leffer Centaury, of each a handful; Roots of Angelica, Peony, Zedoary, Tormentile, Liquo rice and Elecampane, of each half an ounce : bruife, fhred and infuse them with Sage, Rue Celandine, Marrigoldleaves and flowers, of each a handful, three or four days, in four quarts of the finest

White-wine: Then diffull it carefully, and let the Dole be three or four spoonfuls at a time.

Murns: For any Burns or Scalds, mingle Lime-water with Linfeed-oil, by beating them together with a Spoon; and with a Feather dipt in it, drefs the place grieved till you find the fire is gone: Do this as often as you have Occafion.

Burns: Take a couple of hard Onions, mash them in a Mortar with half a handful of Bay-salt, so apply them. If for scalding, Take the inner Rind of an Elder-tree, and stresh Sheep's-dung, of each half an handful, & with Fresh-butter or Oil make thereof an Ointment, and with it anoint often the scalded place, and the heat will be extracted.

Burn in the Eye: Take a new-lay'd Egg, boil it hard, and apply one of the Whites at a time pretty warm, but not too hot, and keep it on fome hours; then take two or three rotten Apples, beat them to malh, and lay them over the Eye as a Poultis.

Saccharum Saturni half a dram, and of the sharpest Vinegar four ounces, make a Solution of the former in the latter; then pur Oil of Elder so much as will serve to make it into an Un-

guent

guent or Ointment, and so apply it to the Part affected.

Burn or Socalo: Take Oil of Olives three ounces, White Wax two ounces, Sheeps-fuet one ounce and an half, Minum and Caffle-loap of each half an ounce, Dragons Blood and Camphire of each three drams; mingle and make eminto an Ointment according to Art: This is a most approved Remedy for Burn or Scald.

Dr. Butler's He. See

Tie-Burgina:

To preserve this, Take the freshest and newest Butter made about the middle or

end of May, put it into a large glazed Earthen-por, and place it to hot in the Sun, that it may run and melt; then prefs it through a fine Cloth and expofe it to the Sun again, till it is well clarify'd : Take the purer Part from the Setlings. and it will keep all the Year. It supples and asswages hard Swellings, allaying the Heat and Inflammation of them; cures Breakings-out and Heat, being mixed and made into an Ointment with the Juice of Wormwood and Vinegar, and is thus prepared to mix with divers suppling and mollifying Ointments.

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oniment, and with a

a Pill for the Cure of them, Take half an ounce of Trochifts of Alhandale; Myrrh, choice Allandale; Myrrh, choice Alloes, and Galbanum, of each three drams: Scammony, Jallop, and white Agarick, of each one dram and a half a Oyl of Nutmeg, one dram and a half a Oyl of Nutmeg, one dram a Amber, Ginamon, and Cloves, of each fix drops; Extract of Juniper, as much asis fufficient to make them up into Pills, when they are very well mixed.

These are very much re-

## rios, Staell of Laketoir; in preferes (A) The Plane, and this of Mod Bons

In Augusta com Wani back

sizelsels:

commended for the Curing of the Quarran Ague, Jaundice, Dropfie, and the Retention of the Manstraums. The weight of these Pills must be but two grains a piece, and two or three may be taken at a time; but be careful to keep your Body warm, in good order, three or four hours after.

Calvestfeet boil them very tender; then take out the Bones, and mince them small: do the like by two pound of Beet fust; then add a quarter

of an ounce of beaten Cloves and Mace, Lemon-peel small shred; a quarter of an ounce of beaten Cinamon and Nutmeg,; and strew over all a little Pepper and Salt finely beaten together. And to any of these Pyes you may, if you think it convenient, put in this following: Caudle when they are baked: viz.

A quarter of a pint of Whitewine, half as much Verjuyce, a blade of whole Mace, the Yolks of three Eggs, a quarter of a pound of Sugar, and as much Butter; beat them up well, and strain out the thianest part, and so put it into the Pye as it is just going to be served up at the Table, and it gives a curious slavour and relish: you may likewise scrape fine sifted Sugar over the Lid,

and so serve it up. Calbes-Dead-Pope: Boil your Calf's-Head till the Meat will come from the Bones; then cut it into thin flices: then take half an ounce of Nutmeg, as much Cloves and Mace, half an ounce of Cinamon, half a pound of Dates fliced thin, a pound of Raisins. a quarter of an ounce of whole Mace, the Marrow of four Bones, the Yolks of fix Eggs hard boiled, cut them in halves, and then take half a pound of candied Lemon-peel and Citron, a handful of pickled Barberries and Lemons tliced thin, a pound of Butter, and so bake it pretty well.

Cal bes-bead-Dye with Dysters: Order the Head as the former, season it with a quarter of an ounce of Pepper, two large Nutmegs, and a quarter of an ounce of whole Mace; put in fix Cloves of Shalots small minced, two quarts of Oysters, and on the top and bottom lay two pound of Butter; lay on four Anchovies mixed, or in small streaks, and over these pour half a pint of Whitewine.

Cammock: The Root of this Powder drank in Whitewine, with the Juice of Lemons, is excellent in the Stone or Gravel in the Reins or Blader, especially when the Conduits, thorough which the Urine should pass, are obstru-Sted: And (according to the Testimony of Matthiolus) a certain Man having used the Powder of this Root for many Months, cured himself of a Rupture. The Decoction also of this Root, and Water which hath been distilled from it. provoke Urine, and remove Obstructions in the Reins and Bladder.

Eammock, to make the Distilled Water, You must take four pounds of the Rinds of the green Roots, cut them very small, and insuse them in a gallon of Malmsey or Mallaga, and then set them over a gentle heat: Distill them in a glass

a glass Alembick in Balneo Mariz, and you will have a pleasant Water fit for the abovesaid Uses.

Capon, Boil'd the Italian way: Take a young Capon, draw it and truss it to boil, then lay it in fair Water, and parboil it a little, then boil it in strong Broth until it be enough: Then take a good quantity of Beet-leaves, boil them in fair Water very tender, press out the Water, and take fix Sweetbreads of Veal. boil and mince them and the Herbs very small, then add the Marrow of four or five Bones; fleep the Sweetbread & Herbs that are minced fmall, and boil the bigger pieces in Water by themselves, and lay on the Capon on the top of the Dish : Then take Raisins of the Sun floned, shred them small with half a pound of Dates, a quarter of a pound of Pomcitron minced, and a pound of Naples Bisket grated; put them together in a large Dish or Charger with half a pound of Sweet-butter, and work it with your hands into a piece of Paste: season it with a little Nutmeg, Ginger, Cinamon and Salt well beaten, and fome Parmifan grated and mingled with fine Sugar; then make a Paste of fine Flower fix Yolks raw of Eggs, a little Saffron beaten small, and half a pound of Butter, and a little Salt; then drive out a long sheet

with a Rowling-pin very thin, and lay the Ingredients in fmall heaps round or long; then cover them with the Paste, and cut it as funder, and lay about the Capon till you have filled the Dish; then pour on Butter with a little strong Broth; garnish it with Lemons, and serve it up.

Carbuncle: Take Salt well beaten to Powder, fift it, and incorporate it with the Yolk of an Egg; and applying it, it will draw away the Venom, and offensive Humours, break any Boil, or Plague-fore, and contribute much towards the healing of it.

Carp, to Roast: Make a Pudding of Almond-passe and Cream, grated Bread, Nurmeg, Currans, and Salt; and when the Carp is drawn without cutting open, viz. through the Gills, put in the Pudding that way till the Belly be full; tie it to a Spit, and when it is roasted, make the Sauce with what drops from it, and the Juice of Oranges, Cinamon and Sugar, beaten up with Sweet-butter.

Carp Stewed: Having bled him, fave the Blood, scrape off the Scales, and take out the Intrails; then put him into your Stew-pan, with Mace, Ginger, Cloves, Nutmeg, Sweet-herbs, and a large Onion quartered, with half a pound of Butter; mix some of

the Blood with Claret; put it in, and being enough, garnish it with sliced Lemons, and green Spinage, and serve it up

to the Table.

Cassa, its Vertues. It's Loosening, and a Purifier of the Blood; it allays Heat, and moderately loosens the Belly; provokes Urine, purges Choler and Phlegm, and mollifies the Breast and Throat; it refolveth Inflammations, and cleanses the Reins from Sand and Gravel.

Cautick Liquor of Aerbigrease: Take Verdigrease
four ounces, Salt of Niter
eight ounces; mix them together, fire them, and let
them burn in an Iron or
Marble Mortar well heated;
then make them into a Powder, and put them into a convenient Vessel. Let them, by
dropping, dissolve in a moist
place; and preserve the Liquor that falls in a thick Glass,
or glazed earthen Pot.

This Liquor is highly approved for confuming proud and corrupted Flesh; and likewise all forts of Excrescencies, more particularly such as accompany Venereal Distempers.

Specifick Corrolive of Paracelfus: To make it, Take Corrolive Mercury Sublimate
three ounces, Sal Armoniack
two ounces, powder them together; put them into a Matras, pour on them a pint of

Aqua fortis; which evaporate in a moderate heat till the Ingredients come to the confiftence of a Paste: dry the whole Mass in such a moderate heat as will reduce it to a fine Powder.

This Powder Cauterizes very speedily and violently any. fuperfluous Flesh, and such Excrescencies as are to be removed. It is quick in Operation; and the regard that is to be had to the Nature of the Corrofive Sublimate, requires much Caution and Prudence in the Use of it; infomuch, that you must put on but a very little at a time, and use it only upon strong Bodies; and it is to be applied upon no other Parts than what are remote from the Emun-Ctories of the Noble Parts.

Celandine the queater: The Juice of this is very good to take out Spots, Pins and Webs in the Eye; but by reason of its sharpness, you may allay it with a little Breaftmilk: Being put into hollow Teeth often, it will loofen them, and greatly facilitate their Drawing: Warts frequently rub'd with the Juice of Celandine, will dry up, and peel off. The Decoction of the Root being drank with Aniseeds and Whitewine, is good for the Jaundice, or to wash eating Ulcers withal. The Root being chewed af-

Celandine

breaketh the Skin where it is applied as a Poultis: it causes bad Nails and Hair to fall off: the Juice of it shuffed up the Nose, greatly purges the Brain: A Gargarism made of the Decoction of it with Honey, has the same effect.

Cettaute majo: The chief Vertues of this confilts in the Root which is used for Ruptures, Difficulty in Breathing, old Coughs, Pleurifies, and Spitting of Blood: It is successfully given in the Dropfie and Jaundice, being either infused in Wine, or beat to Powder, and drank immediately.

Centaury mino: Of this Leffer fort Galen has written a large Treatile. It purgeth Choler and Phlegm; for which cause the Decocion thereof is given in Tertian Agues: It kills Worms in the Belly. The Leaves of this Herb being applied fresh to Wounds, search them, and heal up Ulcers.

Milleto that grows on the Oak, Piony-roots, the Bigger Valerian, of each an ounce and an half; Piony-leed, Laurel and Juniper-berries, of each one ounce; Cinamon, Mace, and Cubebs, of each three drams; Flowers of Tillet, Rolemary and Lavender, of each a handful; bruife what is to be bruifed, and macera te them together for

twenty four hours in the Water of Lilies of the Valley, Black-Cherry-water, the rectified Spirit of Wine, of each a pint and an half: then distill them according to Art. To the Liquor distilled add refined Sugar one pound, Tincture of Ambergrease a dram; put this Elixir in an Earthen-Pot, well stop'd and glazed.

This Elixir is of wonderful Use in Epilepsies, Apoplexies, and other cold Diseases of the Brain, being taken fasting, from half a spoonful to two

spoonfuls.

Cerate for Masks for Women: Take white Bees-wax four pound, Sperma Ceti two ounces.Oil of the four greater cold Seeds cleanfed, extracted without fire, and Bilmuth precipitated, of each three drams; Borax and Burnt-Alom finely powder'd, of each half a dram : melt and mix them in Balneo Mariæ, and at the same time dip and spread the Cloth. This Preparation for the Lining Womens Masks, or laying on their Faces, going to bed, wonderfully preserves the Beauty, and encreases its Charms and Loveliness to Admiration.

Cetate for WomensBreafts: Take Oil of Roses six ounces, bruised Periwinkles three ounces; the Juice of Mint, and the lesser Sage, of each an ounce and an half; boil them over a soft fire to the consumption of the Juices: then

press

press out what remains thorough a close-threaded Cloth; then melt into it Bees-wax three ounces; and when it is almost cold, put in three ounces of the Powder of Massick; and having well stirred these about, dip in the Cloths you intend to use.

This prevents the Breafts of Women from swelling or growing big after Child-bearing; it likewise changes the course of the Milk, and turns it downwards: it must be laid pretty hot on the Breast, and wrapt up with warm Cloths, and renew'd every twenty-four hours, till the desired Ef-

feet be performed.

Cerecioth for Wooken Bones: Take Frankincenfe and Galbanum, of each three quarters of an ounce; Mastick an onnce, Wax three ounces, Rofin an ounce and an half, Olive-oil an ounce; diffolve the Galbanum in a little Vinegar, and then melt all together in the Oil, and so bruise and strain it thorough a Cloth; then dip your Cerecloth, and apply it to the Fracture, and it will mainly strengthen the Sinews, and knit the fractur'd Bone fooner than can be reafonably expected.

Take prepared Galbanum an ounce and an half, Turpentine an ounce, Assa feetida half an ounce, Bdellium a dram, two drams of Red Myrrh, and

two ounces of Bees-wax; the Leaves of Fetherfew and Mugwort, of each half a drain; the Seeds of Daucus one fertiple: Diffolve all, except the Affa fortida, in Whitewine-Vinegar, and that is to be diffolved with the Turpentine; and so ffixing them well together, make a Grecloth.

This being applied to the Belly; expells Wind, kills Worms, and provokes the Courses; prevents Fits of the

Mother, &c.

Cerecloth of Daunders: Take ten drams of Red Saunders, and fix of White and Yellow; an ounce and an half of Red Roses, and seven drams of Bole-Armoniack; half an dunce of Spodium of Ivory, and two drams of Camphire; Yellow Bees-wax one pound. Oil of Roses fix ounces. Let the Saunders be powdered together, and the Roles, Ivory, Bole and Camphire apart: then melt the Wax over a moderate fire; and when it is somewhat cool, mix the Powders, putting in the Camphire laft disfolved in Oil, so mix them well together for your Ufe.

It is extraordinary good, apply'd to the Stomach, for Inflammations of the Liver, and other Parts; likewife against Pains and Weakness of the Back and Reins, and may be used for Pains in any other

Parts.

Chalybeate

Chalpheare Saltagainst an ill Habit of Body: Take Viriol of Mars an ounce, Salt Prunellæ two ounces, Salt extracted out of the dead Head of Aqua fortis three ounces; pulverize them together, and put them into a glass Cucurbit, set them in a Sand-Bath with a Fire made under them by degrees; augment the Heat till the Matter look red hot and flows like Water, and in the end turn to a hard red Stone or Salt.

This is much applauded for the Cure of Cachexies and scorbutick Distempers, also to purge the Mass of Blood, create an Appetite, and open the Passages of the Urine, provoke Sleep, and divert the Fluxes of Rheum; it also carries off bad Humours by Sweat and Stool, or infensible Transpiration: You may take it when 'tis finely reduc'd to Powder, from feven or eight, to twelve or fifteen grains, in a Glass of Wine, or some convenient Cordial Waters.

Cheese, but a Rarity. To make it therefore, Put whole Cinnamon in new Milk, or Cream, let it boil; then take it off and sweeten it with Sugar, add two quarts of Milk or Cream, a spoonful of Runnet, cover it till it curdle; then strew on it Sugar and the Powder of Cinamon, and dip

Sippits in Canary, and ferve

Cheefecakes : Put to a Gallon of new Milk half a pint of Runnet, let it stand till it is curdled; then put the Curd into a Linnen-Cloath, tye it up, and by laying a Weight on it, press out the Whey; which being done, beat up the Curds with Yolks of Eggs, White-wine, and Rose-water, with a little Sugar diffolved in the latter; then add half a pound of Currants washed clean from Gravel and Stones; make up all these Materials into a Puffpast of fine Flower, Eggs, Butter, Ale, Yest, and as much Milk as will fashion it; beat it with a Rolling-pin till it is of an equal temper, then take and roul it up into little Balls, spread them out into round flat pieces as thin as is convenient: make them into what fashion you please. When they come to be turned up, put the Curds and other Materials in the middle of them, then wet them round with Water, turn up and pinch the Corners, and put them into due proportion, and when' baked, strew them over with Sugar mixed with Powder of Cinamon, or without, and sprinkle over them Rose-water, and fo ferve them up.

Cheesecakes, the Italian way: Take two pound of Pistaches, stamp them, when

taken

taken out of the Shells, with two pound of Morning-Milk Cheefe-Curd newlymade three ounces of Elder Flowers, and ten Eggs, Sugar and fweet Butter, of each a pound, with two quarts of Flower; drain these in course Strainers, and put them into a Puff-past,

Cheesecake fashion.

Cheelecakes without Milk: Take twelve Eggs, and lay away fix of the Whites, beat them up finely, and having a quart of new Cream boiled up with Mace, take it off, and putting in the beaten Eggs, ffir it about till it curdles, then let it cool a little, and put in a good quantity of Sugar, beaten Mace and grated Nut-meg, dissolve a little Musk and Ambergrease in Rosewater, and sprinkle it over lightly; then put in three or four spoonfuls of grated Bread with half a pound of beaten Almonds, and a little cold Cream, with fome Currans, and it will make an excellent Curd: Then make up a Puffpast Cheesecake fashion, in which this is placed, and bake them in a moderate Oven, and drawing them, iprinkle them over with Rose-water and Sugar, and so serve them up.

Take a quart of White-wine, and three pints of strongBroth, and put one or more Chickens to it in a Pipkin, or a conve-

nient earthen Vessel; add a quarter of a pound of Dates fliced, half a pound of fine Sugar, and four or five Blades of Mace the Marrow of three Bones, and a handful of white Endive fhred fmall, and let them flew over a gentle Fire; and when the Broth is well tafted, strain the Yolks of ten Eggs into it, keeping it continually flirring, that the Eggs may mix with the Broth, and nor curdle: then take out the Chickens, put the Broth into the Dish, and lay them in it, and garnish it with Marrow, fliced Dates, large Mace, Endive, preserved Barberries, and boiled Skirrets, and make Leer of Almond-Past and the Juice of green Grapes.

Chilblains: Take a Turnip, put it under hot Embers, and roast it well; then take off the Coat, and beat it to Mash: apply it very hot Poultiswise, shift it often for fresh ones, and continue it three or

four Days.

China-Broth: Take an ounce of China-Root chipped thin, steep it in three pints of Water all Night, on Embers covered; the next Day take a Cock-Chicken, put in its Belly Agrimony and Maiden-Hair, of each half a handful, Raisins of the Sun stoned a good handful, and as much French Barly; boil these in a Pipkin close covered on a gentle Fire six or seven Hours:

strain it, and take it for a Confumption, or any Defect in

the Lungs.

Thops of the Breat :
Take two drams of the white
fort of Gum-Tragacanth, bearen and fifted into fine Powder; macerate them over a
gentle Fire in a fufficient quantity of Rose-water, and extract a Mucilage.

This is a very good Remedy to cure Clifts and Chops of the Breaft and Nipples. It may ferve for the Hands, Lips, or any other Parts, being bathed or anointed with

it warm.

Cinamon takes away and diffolves all superfluous Humours of the Body, and fortifieth the Members. There is a diffilled Water made of Cinnamon, strong in Smell and Tall, and of great Virtue, and

is thus made :

Cinamon-Mater to Make: Take a pound of Cinnamon that has not lost its Scent, bruise it and put it into a Vellel with four pound of Rose-water, and half a pint of White-wine; then set your Vellel, being very close stopp, in warm Water, and then make your Distillation in the same Water, being placed on a Furnace where the Fire is maintained, in such manner that the Water may continue boiling.

This distilled Water is fovereign against all Diseases

proceeding from cold Caufes; for it dissolveth and confumeth Phlegm, removesWindiness and clammy Humours, and comforts the Stomach. Liver, Spleen, Bram, and Sinews: It is an admirable Cordial against faintness or fainting Fits, comforting and cheering the Heart; it telists Poison, or the biting of venomous Beafts, provokes Urin and the Terms, and proves helpful to those that are fhortwinded, or are fick of the Palfie.

Citron: The Juice of it represses Choler, and (if made into a Syrup with fine Sugar) is very good against the Plague, and pestilential Fevers. The Meat or Pusp is of a gross and phlegmatick Substance, the Kernels bitter and loosen-

ing.

Citrons, a Syrup : Take Citrons, as many as you think convenient, pare and flice them very thin, then put them into a filver or glass Bason with layings of fine Sugar till it be near full; the Day following pour off the Liquor into a Glass with a paper Funnel, strain it with a tissany Strainer, clarifie it on a foft Fire and it will keep a Twelve-Month. This is excellent in hot Distempers, especially mixed with Juleps and Cordials.

Claret-Water for the Stomach: Take four ounces

of Cinnamon, bruifed Cloves, Ginger, Mace, Galangal, and Cardamonts in Powder, of each half a dram; macerate them in the Cold in two quarts. of Aquavitæ, and a pint and a half of Rose-water six Hours: being put into a Matrass very close stopped, filter it, and in the filtering dissolve two pound of Loaf-Sugar, and fo the Water is perfect.

This is very pleasing in Tast, and exceedingly fortifies the Stomach and Vitals, diffipates Windyness, and creates a good Appetite; you may take it from three drams

to half an ounce.

Cloves: They help Digestions, stay the Flux of the Belly, and are binding; they clear the fight, and the powder of them confumes and takes away the Web or Film in the Eye, as also Clouds and Spots: being beaten to Powder, and drunk with Wine or the Juice of Quinces, they flay Vomiting, restore lost Appetite, fortifie the Stomach and Head, gently warm an over-cold Liver; and for this Reason they are given with fuccess to fuch as have the Dropfie: The finell of the Oil of them is good against fainting Fits and Swoonings; and being chewed, they fweeten the Breath, and fasten the Teeth; the Powder of them

the distilled Water of Cloves is good against Surfeits and pestilential Diseases; receiving the Smoak of the Cloves into the Nostrils whilst they are burning on a Chafing-dish of Coals, opens the Pores of the Head.

Clouted-Cream : Set new Milk to simper on the Embers twelve Hours, add fliced Marmalade of Damafcens, Sugar and Cinamon finely powdered, with as much Cream as amounts to a third part of all these Materials. ferve it up strewed over with Sugar, and sprinkled with Rose-water.

Cock=21e: Stone four pound of Raisins of the Sun washed and well dryed; take a young Cock, trus him, and put him into twelve Gallons of Ale, with the Raisins; of Nutmegs, and Mace, of each an ounce, Dates half a pound: infuse these in a quart of Canary twentyfour Hours, and put them to the Ale: When the Cock is boil'd almost to a Jelly, strain and press out the Liquor, put it up into a Cask, and put about half a pint of new Ale-Yest to it. let it work a Day, and the next you may broach it; but three or four Days is better. If this prove too strong, as no doubt it will to fome Palfats, mingle it as you pleafe in White-wine is given for the with plain Ale in the draw-Falling-Sickness, or Palsie; ing, or by putting two Gallons of it into three Firkins of plain Ale in the Barrel. It is excellent to strengthen and restore decayed Nature, and is drank with fuccess in a

Confumption.

Cock-Wlater : Take a Cock, pull him alive, then kill him and fplit him, take out his Intrails, quarter him, and bruife his Bones; then put him into a Rose-water Still with a Pottle of Sack, Currans and Raisins of the Sun stoned, and Figs sliced, of each a pound; Dates stoned and cut in halfs half a pound, Rosemary Flowers, wild Thyme, and Spear-mint, of each a handful; wild Marjoram, Bugloss, Pimpernel, of each two handfuls, new red Cow's Milk two quarts: distill these over a gentle Fire, putting into the receiver a quarter of a pound of brown Sugar-Candy beaten small, four grains of Ambergreafe, and forty grains of prepared Pearl, and half a Book of Leaf-Gold. Two spoonfuls of this taken Morning and Night are good for a Confumption.

Coolin=Cream : Scald the Codfins till they are pretty foft, peel them, and scrape off the Pulp from the Core, frain the Pulp through a thin Linnen-Cloath, add to it Sugar well dissolved in Rose them with the Oisters, and water, and then mingle these garnish it with them, adding

find occasion, more Sugar, Rose-water, and a little Cinnamon powdered very fine,

and ferve it up.

Codlin = Wart : Take Codlins before they are quite ripe, pare them, cut them in quarters, and take out the Cores: lay them in quarters in the Tart, with a thin flice of Quince under each quarter, and the scrapings of O. range or Lemon-peel, strew them over with Sugar and Rose-water after you have poured in the Syrup of Quinces, or the Syrup of Pippins: fcatter over them a little Cinamon beaten into fine Powder, close up the Lid, and bake them in a gentle Oven.

Cods = Dead to Drefs : Cut it fair and large, boil it in Water and Salt, add a pint of Vinegar, fo that all the Head and Appurtenances may be just covered, put into the Mouth of it a quart of flewing Oisters, a bundle of fweet-Herbs, and an Onion quartered; and when it is fufficiently boiled, fet it a drying over a Chafing-dish of Coals: then take Oister liquor, fliced Onion, and two or three Anchoves, a quarter of a pint of White-wine. and a pound of fweet Butter, fhred the Herbs, mix with Cream; adding, if you withal some slices of Lemon,

grated

Pariley.

Colick and Stone: Drink of the distilled Water of Parfley, in White-wine, or good Ale.

Colich and Stone: Take four long Pepper-Corns, two races of Ginger, both bruifed, two sprigs of Rosemary, the fhells of two new-lay'd Eggs in fine Powder, the inner Skin being taken away; boil them eogether for a quarter of an Hour in a pint of Whitewine: let it boil well, and brew them together with two ounces of Loaf-Sugar, and drink it warm going to Bed:

Complexion to preserve: Water-Lily Flowers, Vine-Leaves, Violets, Myrtle-Berries, or Seeds, Rofes, white and yellow Saunders, Citron-peels, dryed Quinces, dryed Prunes, of each a dram: Camphor and Saffron. of each a scruple; make them up into Balls with Vinegar, wherein the best Bolus has been dissolved: and it is not only of an excellent Scent; but dissolved in fumitory Water, it causes a very charming Complexion, as well as preferves Beauty.

Confection to cause Sweat: Take Treacle and Mithridate. of each an ounce; Pimpernel and Angelica, of each ten grains; Cardamoms and Camphire, of each five grains;

grated Bread, and a little bruife and mix them well together, and make them up into a Confection with ten grains of beaten Cinamon, and of this take to the quantity of a Hazle-Nut in Carduus, or Sorrel-water, first dissolving it well; and keep close and warm in Bed, and you may continue fweating three or four Hours, if the Distemper be violent; or a less while, as occasion requires: For want of this Confection, if any fudden Cause requires sweating, you may take a dram of Mithridate in Carduus, Treacle, or Sorrel-water, and keep your felf warm for fome Hours afterwards, left the Pores by this means opening fuddenly, fuck in the cold Air, and do more harm than good.

Confection against Pestilential Airs: Take white Diapalma, fine Bolus, fealed Earth, Myrrh, Wormwood, Scabious, Pimpernel, Sorrel, Zedoary, and Rue, of each a dram and a half; Tormentile, Aristolochy, and Bay-Leaves, of each a dram; five or fix Walnut-Kernels peeled, welve new Figs; Mithridate and Treacle, of each an ounce, Camphor and Saffron of each a Scruple; Unicorns-Horn, Bone of a Stag's Heart prepared, Pearl burnt, and Harts-Horn, of each a dram and a half; of either the Seeds of Citron peeled and bruifed, half an ounce, Mace a dram: make

make them into a Powder, and with Citron-Syrup mingle them to the thickness of a Confection. Take half a dram Morning and Evening in a glass of Canary or Muscadine, and it mainly strengthens and preserves Nature against corrupt and pestilential Airs: For want of Wine, in Summer especially, you may take it in Rose or Mint-Water.

Confection to help the Sight: Take Eye-bright and Fenel of each a Dram, Cardamoms and Mace, of each a dram and a half: Seeds of Rue and Celandine, of each a quarter of an ounce: Rofemary an ounce, Annifeed. Lignum-Aloes, and Carraways, of each half an ounce: make of these finely beaten a Confection with Honey or Sugar. This is called the Oculifis Confection, and is very strengthening to the Eyes and Brain; it restores decayed Sight. Take three or four Drams in five or fix spoonful of Wine.

Confection, Another, for the Sight: Take Gelandine, dryed Betrony, Eye-bright, Hyffop, Peneroyal, of each a dram; Fennel, Coriander prepared, Marjoram and Bafil-feeds, Cardamoms, Cinamon, Ginger, Galingale, Nutmegs, Cloves, long Pepper, Lignum-Aloes, Mattick, Spicknard, of each half a dram; preferved Ci-

tron-peels three drams, Conferve of Borrage and Rofemary-Flowers, of each fix drams: make them up with Sugar and Fennel-water; or for want of Fennel-water, Rofe-water. Three drams at a time of this may be taken in White-wine, Rhenish, or any other convenient Liquor.

Conferbe of Citron-Flowers: Take their weight or more in white Sugar, dissolve them in Rose-water, hang it over a gentle Fire, then take it off and boil it almost to the confistence of a Syrup; then put in the Flowers, and boil it up to a height, and mash

them to a Conferve.

Confolidatibe-Blaifter : Take the dryed Leaves of Aristolochia, and the round ones an ounce; Mastick, Frankincense and Myrrh, of each two drams; Aloes Succotrina one dram, Litharge four scruples, red Led two scruples, Meal of Lupins a dram :. make them into fine Powder. and dissolve an ounce of Deers-suet, Hogs-grease half an ounce, Oil of St. John'swort fix drams, Turpentine washed half an ounce, yellow Wax three ounces; incorporate them over a gentle-Fire to the confiftence of a Plaister. This is excellent for the Plague fore, or any fuch polionous or infectious Swelling.

Confumntion: Take Coltsfoot, Succory, Endive, Borrage, Liverwort, of each fix handfuls, fhred them all very fmall, put them in a gallon of New-Milk; let them freep all night, and in the morning distill them; take of this Water, and Red Rose-water, of each three spoonfuls : put this to half a pint of Red Cow's Milk, Sweeten it with Sugar of Roses, and so drink it warm at least three times every

day.

Confumption, a Broth : Take China-roots thin flised two ounces, White and Red Saunders of each three drams; put them into a large Pipkin, and bour upon it four quarts of fair Water; cover it close, and let it stand to infuse in a warm place, or in hot Water, for twenty-four hours; then put to it a good Pullet, or two Chickens; let it boil, and fcum it well; then put into it two handfuls of Five-leav'dgrafs, Maiden-hair and Hart'stongue of each half a handful; 20 Dates cut small, a little Mace, with the under-Crust of a Manchet: Let all these boil together till two quarts be confumed; then take out the Pullets or Chickens, and stamp them in a clean Stone-Mortar; then put it in the Broth again, and let it boil half an hour longer; then strain it, and press out all the Broth from the Pullet: If

you please, you may sweeten it with Sugar-candy. Drink of this Broth early in the Morning, and fleep after it, if you can; and another Draught at Four in the Afternoon, and another at night when you go to Rest.

Confumption, a Broth: Take two spoonfuls of French Barley, scald it in two Waters, throw away the Waters; put the Barley into a Pipkin. with a Crag-end of a Neck of Mutton, and a Knuckle of Veal; pour thereon a fufficient quantity of fair Water, and let it boil, scumming it well: when it hath boiled an hour, put into it a Puller, and let it boil an hour longer; then put in a large quantity of Sorrel, Lettice, Purllain, Borrage and Bugloss, and let it boil an hour more, viz. three hours in all. Before you put in the Herbs, feafon the Broth with Salt, and a little Pepper and Cloves; then strain out the Broth, and drink it pretty warm, three or four times every day.

Confumption, a Water : Take the Liver of a Calf, and the Lungs of a Fox ; the Herbs Lungwort, Liverwort, Sage, Rue, Hyffop, of each one handful; Elecampane, the Root of Flag, of each half an ounce; Annifeeds, Carrawayfeeds, Sweet Fennel-feeds, of each half an ounce; Flowers of Borrage, of Buglofs, of each

two drams: cut them all very small, then infuse them for twenty-four hours in two quarts of Old Mallaga; and Scabious, and Carduus Water, of each four ounces; Hyssopwater two ounces; then distill it, and sweeten it with Sugarcandy: Drink a little glass-full thereof two or three times a day. This Water comforts and strengthens the Lungs and Liver, attenuates thick Phlegm, and expels Wind out of the Stomach and Bowels.

Contagion of the Plague, to Expell: Take Rue, Wormwood, and Black-berry-tops, of each half a handful; Ce-Jandine an handful and a half: put them into a glazed earthen Por, when bruifed together, with a pint of strong Whitewine-vinegar : ftop the Por close, then let them feeth in Balneo Mariæ till the third part be confumed, and then frain it out, and keep it close Ropt: Let the Party infected drink two or three ounces of it, and fweat after it, without fleeping, a confiderable time, if it may possibly be prevenred : it fortifies the Heart, affifting Nature against Poisons. and infectious Airs.

Take Oriental Pearls, the Root of Contrayerva, Coral and White Amber prepared, of each a dram; prepared Crabs-eyes double the weight of the rest. Take the Jelly

of Vipers, and with it make the rest up into Balls, and dry them, and keep them for your Use.

This reduced by scraping into a Powder, is highly commended against the Plague or Pestilence, or such-like raging Diseases occasion'd by Infection: It may be taken in Wine, or Cordial-waters, from ten to twenty or thirry grains.

Cotal, to Prepare : Take fuch a quantity as you think convenient, make it into a fine Powder in a Porphyry or Steel Mortar; drop on it, by degrees, a little Rose-water, and form it into Balls for use. After this manner, Crabs-eyes, Pearl and Precious-stones are prepared, to make up Cordials compounded of them, and other fuitable Materials for the strengthening the Heart in Fevers, or fuch-like violent Diseases, and to restore the Decays of Nature.

Corbial, Excellent: Take two ounces of dried Red Gillislowers, and put them into a Pottle of Canary; add three ounces of fine Sugar in Powder, and half a scruple of Ambergrease in the same manner; put them into a Stone-bottle, and stop it close, often shaking it; and when it has stood ten Days, then pass it through a Jelly-bag or Strainer; and putting it up

for use take two or three spoonfuls of it at a time, and it will greatly strengthen the Heart, and restore Health

Cordial - Mater : Take a gallon of Strawberries clean pick'd, put to them a pint of Aquavitæ, and let them stand four Days, and then pour off what is liquid, and strain the rest into it; fweeten it with a little Sugar, and infuse a grain of Musk or Ambergreafe in-This strengthens the Heart and Stomach: Half a quartern in a Morning is a good Preservative against ill Airs and Infections.

Colmetick-Water: Take fine White Sugar a pound, Roach-allom three ounces; White Poppy-feed, Flower of Beans, Water-lillies, Violets, and great Housleek, of each one handful; the Juice of four Lemons, and the grated Crumbs of two White Penny Loaves; Goats Milk and White-wine. of each a quart: Bruise what is to be bruifed, and mix them together, putting them into a Glass Alembick. Distill them in Balneo Mariæ, and it will be an excellent Beautifyng Water to preserve the Hands, Face, and other parts of the Body, clear, fmooth, and of a good Complexion.

Cough: Boil in two quarts of Poslet-drink, a good handful of Moss that groweth upon Oaken Pales, and drink a good draught in the Morning, and take three spoonfuls of good Sallad-oil after it: drink it afternoon and at night without Oil, taking fometimes at Night one of Mat-

thews's Pills with it.

Cough: Take Raisins of the Sun stoned, and Figs washed and sliced, of each two ounces; unfet-Hyffop a handful, Enula-campana dried and bruifed two ounces, Anifeeds bruifed one ounce; boil all these in a gallon of small-Ale till half is confumed; then strain it, and put to it Honey and Sweet-butter of each four ounces, Saffron dried and powder'd half a dram: boil them again gently till they be well incorporated: Drink half a pint of this Liquor warm'd. both Morning and Night. This Proportion made twice. hath cured Coughs of long continuance.

Coughs : Take spoonfuls of the best Salladoil, three spoonfuls of Vinegar, and Sugar-candy enough to sweeten it: Take it in the Morning fasting, and at Night

when going to reft.

Cough or Cold: Take a quart of Milk, and make a Posset thereof with a pint of Ale; then strain it, and put two spoonfuls of beaten Aniseeds, two Pippins fliced with the Pareings, and a stick of Licorice bruifed, and a quarter of a pound of Raisins stoned:

let it boil gently for half an hour; then strain it again, and drink a draught thereof warm, with a little piece of Fresh-butter in it: Take it two or three times a day.

Cough or Cold: Take Fennel and Parfley-roots, four of each; wash and scrape them, and take the Pith out of them: Maiden-hair, Rosa-Solis-flower, of each one handful: Licorice, Coriander and Aniseeds, one ounce; five Leaves of Harts-tongue; Lungwort and Liverwort, of each a handful; Raisins stoned half a pound : fhred the Herbs, and bruife the Seeds, and put them all into a Pottle of Springwater, in a Pipkin close covered: which fet on hot Embers for a whole Day together, till the Liquor be half confumed : then strain it without pressing it, and sweeten it with Brown Sugar-candy, and drink thereof Morning and Evening.

Cough or Cold : Take three ounces of Enula-campana, scrape off the Rinde, and cut it into thin flices; then boil it in three pints of Water till it comes to a pint and an half; then put therein a pound of fine Sugar, and let it simper a little on the fire: then take it off, and let it cool, and it will be a perfeet Syrup; of which take three spoonfuls both Morning and Evening.

Cough or Cold: Take one pound of fine Sugar: Licorice and Enula-campana. finely powder'd, of each four ounces; put them into a little earthen Pan, and moisten them with two or three spoonfuls of unfet Hyflop-water, distilled when it is in its flower: then fprinkle into it a little powder'd Pepper, and caft them into a Pye-plate, with Flower strewed on it; and when it is cold, make Lozen-

ges of it.

Cough or Cold : Take Germander, Hystop, Horehound, Maiden-hair, Agrimony, Bertony, Liverwort. Harts-tongue, of each an handful: boil them in nine pints of Water to the Confumption of fix: then let it cool, and ftrain it: To the Decoction put clarified Honey half a pound, fine Powder of Licorice five ounces, Elecampaneroots in Powder three ounces: boil them up to the thickness of an Electuary, and take of it about the quantity of a Nutmeg, at any time, especially in the Morning fafting, and at Night when you go to rest:

Court-Jelly: Take three or four Calves-feet, and lay them in Water all night; then scald off the Hair, flit them, and take out the long Bones : then take a youngCockerel and dress him, after he has lain all night in Water; boil him

and the Feet together in four pints of White-wine, and as much fair Water, until they be enough: then let it run thorough a Strainer into a Bason, or other Vessel, letting it stand till it is cold: then with the point of a Knife or Spoon take of the clearest from the fettlings, and put it into a Pot with three quarters of a pound of fine Sugar, and two ounces of Cinamon scraped, an ounce of Ginger, two fliced Nutmegs, and Cloves; boil them together; and while they are boiling, but in the Whites of fix Eggs, and a Branch of Rosemary; strain it thorough a Jelly-bag, and so ferve it up. This greatly fortifies Nature, creates good and wholfom Blood, and restores decayed and Confumptive Bodies.

Amulet for the Stomach, Take the Roots of Mechoacan, reduce them to a Powder, and fill with this Powder a little square Bag of Sarsnet, or some such slight stuff: Let it be about three inches square, and hang it by a string about your Neck, so low that it may reach the Pit of the Stomach. Wear

it next the Skin.

Cream-Cheefe: Take two quarts of Milk warm from the Cow, Almonds blanched half a pound, beat the Almonds fmall; add a pint of Cream, and of Rose-water four oun-

ces; half a pound of fine Sugar, and a quarter of an ounce of beaten Cinamon, and as much Ginger; then put the Runnet to the Milk and Cream; and when it is curdled, press out the Whey; and what remains beside, serve up in Cream.

Cream of Eggs: Take a quart of Cream, heat it, and beat up the Whites of five Eggs: keep them flirring; and when it boils, add two or three spoon-fulls of Rosewater; and when it begins to thicken, take it off, let it cool, and put in a little Salt and fine

Sugar, and so serve it up. Cream = fool : Take two quarts of Cream, fet them over a gentle fire in an earthen Veffel; and when it simpers up, add the Yolks of twelve Eggs well beaten up with three or four spoon-fuls of cold Cream; put them to the hot Cream, and keep it continually ftirring, to prevent burningto. When it is boiled well. take it off, and let it cool; then put to it half a gill of Canary, ffir it about, and pour it on Sippers cut very thin, and strew'd over with the Powder of Cinamon and Sugar: then pour over it some Syrup of Rasberries, and ferve it up.

Cream=Eart: Take Manchet-bread, pare off the Cruft, and grate the Crumb very fine, mix it with fweet Gream and Butter, beat up the Yolks of a dozen Eggs with Cream, adding four ounces of Sugar, boil them till they come to a thickness; then make two leaves of fine Paste as thin as conveniently can be raised; make them but shallow, and put the Materials into them, put on the Lid, bake the Tart in a gently heated Oven; and when it is bak'd, strew fine Sugar over it, and then serve it up.

curd-Cakes: Take a pound of Curds, four Yolks of Eggs, and two of the Whites, a little Flower to bind them together, Sugar, grated Nutmeg; mingle 'em well, and bake them in Cakes, Icing them over with Sugar diffolv'd in Rose-water, or drop them into a Frying-panin hot Suet, as you like them

best.

Currant-Cream: Take
Red Currants, plump them
up in warm Water; then
mash them, and strain them
thorough a Cloth with hard
pressing, put to them the
Powder of Cinamon and Sugar, and a quart of new
Cream, and serve them up.

Currants or Gooseberties, a Jelly: Take the Fruit indifferently ripe, press out the Juice through a coarse Linnen-cloth, clarifie it, and add to each quart a pound of Sugar clarified and boiled up to a Candy height; then boil them together till a third part be confumed: put to them a pint of White-wine, wherein an ounce of Cherry-tree or Plum-tree Gum has been diffolved, and it will bring it

into a curious Jelly.

Cultatos, to Make: The Paste being raised into what Form you please, dry it a little in an Oven after it has been drawn, that the Moisture that is to be put into them, by reason of their thinness, may not make them fall when put into a hot Oven: then break eighteen Eggs into two quarts of Milk, yet half the Whites must be omitted; and if made of Cream, no Whites at all, only the Yolks: then a pound of Sugar, and a little Rofewater, beat them together till they are very well mixed; and when you fill your Pans or Pastes, strain out the liquid part, and leave the Curds and Crudities, if there be any behind, and bake them in an Oven about three-quarters heated.

Eustatos, another way:
Boil a quart of Cream, with
Nutmegs, Mace and Cloves
bruised, of each two drams;
the Yolks of ten Eggs, and
the Whites of five, beaten up
with a little cold Cream; mix
these tegether with a grain of
Saffron wet in White-wine or
Canary, and strained thorough
a Linnen-cloth with a hard,
pressure, upon often wetting,

put

put these Ingredients into the Paste you have provided for them, in what fashion or form you please: and if you find it proves too thick, make it thinner with a sittle Milk and Rose-water, adding a little refined Sugar and powder'd Cinamon infus'd in White-wine: then bake them in a gentle Oven, and serve them up on

put these Ingredients into the Plates, with Sweetmeats or Paste you have provided for Flowers made in Paste.

Coppus, the Bark of the Roots Prepared: Infuse the Bark, after you have cleansed it in sharp Vinegar for the space of three Days; then dry it, and keep it for use. And in this manner you may Prepare the Leaves of Spurge, Laurel, Mezereon, or such like.

## DA

DA

Milles: This Herb is excellent for Wounds in the Breafts; the Oil of it, Plaister, or Syrup, are extraordinary good, and requisite to be kept in all Families. The great wild Daisie is a Wound-Herb, to be had in great regard, often to be used in Drinks or Salves, either externally or internally. The Juyce of thefe, or the distilled Water, as also of single Daifies, greatly tempers cholerick Heats, refreshes the Liver, and other inward parts. A Decoction of them much availeth in the cure of Wounds in the hollowness of the Breast or Stomach; as also for Ulcers and Pustles in the Mouth, Tongue, or Privy-Parts. The Leaves bruifed and applied to the Testicles,

or any other hot and fwelled part, diffolves the Swelling, and temperates the Heat: being boiled with Wall-wort and Agrimony, they greatly help in the Palsie, Gout or Sciatica, dispelling Knobs or Kernels in any fleshy part. They help Bruises and Ails occafion'd by Falls, or Contusions by Blows. They are fuccefsfully used in case of Ruptures; the Ointment of them cools and expedites the cure of inflamed Wounds, especially when they happen in or near the Joynts: the Juice may be dropt into rheumarick fore Eyes.

Damascens, to Preserve: Gather your Damascens in dry Weather, suffering them to be very ripe, or they will be but of an indifferent co-

lour;

lour : to every pound of them put a spoonful of Rose-water, and a pound of Sugar finely beaten; then put the Fruit in a large bottom'd Pan, one by one, and fer them on a Chafing-dish of live Coals, but not at first too hot; then put in as much Sugar and Rofewater as will melt it; and when the Pan is warm, cast on half your Sugar, and let it be no hotter than you can endure your hand upon it, forbearing to turn them till there be as much Syrup as will bear them up: then turn them, and cast on the rest of the Sugar; not fuffering them to feeth when you turn them, left they break on both fides: when they are enough, take off the Skins gently; and when they are cold, put them up in a Class, and put into them four or five Cloves, and as many little bits of Cinamon, and fo you may Preferve any Plums. But to any fort of White Plums put neither Cloves nor Cinamon.

Danbel pon, or Denti be Leon, or Lyons Tooth: Its Quality is Cleanling and Opening; by which means it is effectual in removing the Obstructions of the Liver, Spleen and Gall, and such Diseases at arise from them, as Hypochondriacal Passions, and the Jaundice, &c. opening the Passage of Urine in Men and Women of all Ages,

cleanfing Aposthumes, and the inward urinary Paffages, and then by a temperate and drying quality heals them: In this case, you may boil the Leaves in White-wine; or shred small, put them into Broth. It is good likewife in a Confumption, boiled in Broth, or the Juice of the Root drank in Canary, or the bad Disposition of the Body call'd Cachenia: it procures Rest and Sleep, when the Body is disorder'd by Agues. The distilled Water is good in Pestilential Fevers, and to wash old Sores.

Dates : Of these there are divers kinds; and as to their Physical Virtues, some of them are dry and binding, as those of Egypt; others are foft, moift and fweet, as those growing in Syria, Palestine and Jericho; the rest are a mean between those two kinds, and all of them are hard in Digefrion, and not very good for the Head; because they many times cause the Head-ach : but the Powder of them is fuccefsfully taken by fuch as spit Blood, or are troubled with the Bloody-flux.

and Horehound, and stamp them in a Mortar; strain out the Juice, and when the Party is in bed, and lying on one side, drop in three or four drops into the Ear, and it will in a few days time restore the

Hearing

Hearing, if the Party was not born Deaf, or some Violence has not been offer'd to the

Organs of Hearing.

Body: Take twelve Prunes, Licorice, Aniseeds, Currans, and Fenel-seeds, of each half an ounce; Howers of Borrage and Bugloss, of each a dram and an half: boil them bruised and fhred in a quart of fair Water till the third part be wasted; then strain it, and drink it at three several times very hot, and walk about upon it. It loosens the Belly.

Decortion for Clusters : Take the Leaves of Violets. Mallows, Pellitory, Mercury (the Herb fo called) of each a handful; the Flowers of Camomil two pugils, Sweet Fenel-feeds half an ounce. Linfeed two drams : boil them in a fufficient quantity of Wa-Thefe ter or Milk to a pint. are the Herbs commonly used in Clysters to cool and empty the Bowels in Stoppages, or hot Diseases; but to make them work well, you must add brown Sugar.

Raisins of the Sun stoned an ounce; Jubebs and Sebestenes, of each fifteen; fix Dates, and eight fat Figs; Barley cleansed an ounce, Licorice half an ounce; the Leaves of Maidenhair, Hyssop, Scabious, and Coltssoot, of each one hand-

ful; boil them in three pints of Spring-water to the confumption of a third part. A quarter of a pint taken of it every Morning, is excellent good for Heats, Pains, Swelling, or any Diftemper or Difeafes of the Breaft, and to help Expectorations.

Decoction of Senna: Take two ounces of the Leaves of Senna; of the Roots of Polypody of the Oak, of each half an ounce; Raisins of the Sun stoned two ounces. Ginger one dram, Sebestens and Damask-prunes, of each a dozen; of the Flowers of Borrage, Red Roses, Violets, and Rofemary, of each two drams: boil them in two quarts of Spring-water till half be confumed. This is an excellent Purging Potion. The Dose is four ounces: If it be given to a strong Body, that it may work the better, put to three ounces of it, an ounce of the Syrup of Buckthorn or Roses folutive. This may be fafely taken as often as any occasion of Ilness or Indisposition requires it, or for prevention.

Detortion of Woods:
Take Sarfaparilla-roots, split and cut small, four Ounces, Guaiacum three ounces, the Bark of the Wood two ounces, Sassaffafras one ounce and an half; the Roots of Burdocks and Butterbur, of each two ounces and an half; Rhodium-wood and Yellow Saun-

ders,

ders, of each an ounce; Carduus-feeds and Juniper-berries, of each fix drams; of the outer Bark of dried Citrons two drams : infuse them all night in fix quarts of fair Water, and then boil them to the confumption of half the Liquid. This drank as a Dietdrink, is exceeding good for those that are troubled with the French Difease, King's Evil, Rheums or Coughs. may be taken four times a day, for twenty or thirty days together.

Decodum Amarum : This bitter Decoction, or Draught, is made in the following manner: Take the Flowers of Camomil, the Tops of the Lesser Centaury, of each a pugil, or very small handful; Gentianroot half a scruple; the Leaves of Senna cleanfed, and Carduus-Benedichus-feeds, of each one dram: boil them in a fufficient quantity of clear Spring-water to four ounces. This strengthens the Stomach, restores, lost Appetite, and causes a good Digestion, You may take four ounces of it for a Dose fasting, five or fix Mornings together.

Take red Sage, and Rue, of each a handful: fine Wheat-Flower, a spoonful, the White of a new-lay'd Egg beaten to Water; mix them very well, and spread them upon a very

thin Leather, or black Silk, and apply it to the Temples, it draws off the Rheum that

afflicts the fight.

Defluction, another Take the Tops of Rosemary one dram, beat them up with one or two ounces of rotten Pearmains, or Pippins, spread them like a Cataplasm, and lay them on the Eyes when you go to Bed. It asswages the Heat, and removes the Pain, redness and Inslammation in the

Eves.

Debils-Bit : This Herb and Root being boiled in White-wine, makes a Decoction, good against the Plague, and pestilential Airs, and Difeafes occasioned thereby, as Fevers, &c. It is an Antidote, and much fortifies against Poisons, and helps the Pain caused by the stinging or biting of venomous Beafts; and also for inward Bruises, Contusions by blows, and dissolves congealed or clotted Blood. The Root and Herb bruifed and applied Poultiswife, takes away the black and blue Marks in the Skin. The Decoction of the Herb only mixed with Honey of Roses, is with fuccess applied to Tumours and Swellings in the Throat, by often gargling the Mouth, and down the Throat, as conveniency will permit : It helpeth to procure Womens Gourses, and easeth all Pains of the Mother, expels Wind

n the Bowels: The Powder! of the Root drunk in Wormwood-Water, kills and drives out Worms: The Juice of the distilled Water is good to wash green Wounds with, or old Sores: It cleanfeth the Body, being taken inwardly; and the Seed decocted, 'takes away the Itch, cures old Sores, removes Freckles, Pimples and Morphew, the Parts being bathed with it especially, and the fooner, when a little Vitriol is dissolved in it.

Diacodium: To make it. Take the heads of white Poppys, neither the greatest nor ripest, about twelve in number, Aqua-Cœlestis a quart : boil them to the confumption of a third part, and when it is strained, put thereto of the best Sapa, that is, new Wine boiled to a third part, five ounces, of the best Honey two ounces; boil them together, and in the end of the Decoction, put red Roses, Leaves of Pomgranare, Acacia, Sumach, of each two drams. Seeds of Purslain, white and red Coral, of each a dram.

This Syrup stays the Flux in the Belly, procures Sleep in over-watchful Persons, helpeth Catarrhs, and violent Colds.

Diarrhoea: Mix fifteen Grains, or if the Distemper be but light, ten grains of the Powder of Rhubarb, with half a dram of Diascordium,

and take it either going to Bed, or early in the Morning after the first Sleep. It stays Loofnesses, and remedies Flux-

es in the Belly.

Difficult Wieathing: TakeCastoreum dryed to Powder two or three grains, at the most but four; mix this with ten or twelve grains of Gascoin Powder, add a little Syrup or Conserve of Roses, and being taken, wash it down with a mixture of five drams of Penny royal-Water, and two drams at most of compound Water of Briony.

Difficulty in Bearing : Take a chive out of a Root of Garlick, put a fine piece of Thread or Silk thorough is at the end, that it may easily be pluck'd out again; crush it a little between your Fingers, and anoint it over with the Oil of Bitter Almonds, and To put it into the Cavity of the Ear, at going to bed; and draw it out the next morning, stopping the Ear with Black Wool: But if the first time fucceed not, you must use it oftener.

Dinestibes : Take two ounces of Venice-Turpentine, incorporate it well with the Yolk of an Egg, add to it at discretion, a little Spirit of Wine: With this dress the Part Morning and Evening, laying on thicker if the Part be near fome Nerve, and the less where it is most fleshy,

nd it will foon bring it to a head, or dispel the Tumour, Humours, or Pain contracted. It is used instead of Basilicum.

Digettion to help: Take fine Sugar, powdered and fifted two ounces, sprinkle on it the Spirit of Wormwood; then take a quarter of an ounce of Gum-Tragacanth, and steep it all Night in Rosewater: then take some of this, wet the Sugar with it, and beat them together till it come to a Past like Dough : you may add a little Musk, and then make it up into Cakes the breadth of a Groat. Lay them upon Plates, and dry them gently in an Oven, keeping them in a dry place. Eat one or two of them in a Morning, and they will help Direction.

Dill: This is a great ftrengthner of the Brain: The Decoction of it is good in Pains and Swelling, eafes Pains in the Belly, and is excellent for Women troubled with Pains and Windiness: It stays the Hiccough, if you hold your Nose over the steam, if boiled in Wine. The Seed is of greater virtue than the Leaves, as being more powerful- to digest vicious and taw Humours, and very ufeful in Medicines appropriated to expel Wind: It dries up moift Ulcers, more particularly in the Secret Part. Dill-oil refolves Humours and Imposthumes, eafes Pains, and procures Reft. The Herb or Seed in White-wine expels Winds, and provokes the Terms.

Dill-Deed, &c. Its Virtues: Four drops of the Oil extraeted from it, and half an ounce of the Oil of fweet Almonds mingled together, and taken in warm Ale, are excellent good for Hiccoughs when they proceed from cold Caufes. The Seed bruifed and applied, discusses and ripens Tumours, disposes to Sleep, being steeped in Wine. They take off the excessive Heat and Defire in Venery, stay Vomiting. The tender Tops and Roots boiled with the Seeds in White-wine, greatly provoke Urine; and are

Diseases from Obstructions: Drink every Morning, the first thing, a moderate draught of your own Urin, newly made, whilst it is warm; and forbear eating any thing after it, the space of an Hour or

helpful in dissolving or bring-

ing away the Stone or Gra-

Distilled-Uinegar : Put fix quarts of ftrong Whitewine Vinegar into an earthen Pan, evaporate about a quart in a Bath, till the phlegmatick Part is removed: pour what remains into a glass or earthen Cucurbit; distil it in a strong

Sand-heat, till nothing but a fubstance like Honey remains at the bottom. It is mixed likewise with Cordial Potions to resist putrefaction, and outwardly applied, it assugeth Instammations; half an ounce of it may be taken at a time in any proper Liquor.

them, Peel off the inner Rind or Skin of an Egg-shel, beat the Shell to a very fine powder, and take about a scruple of it at a time in a spoonful

of convenient Liquor.

It eases Pains and Obfiructions; adding to it Powder of Crabs-Eyes, it brings away the Stone or Gra-

vel.

Diuretich-Cablets : Take Stone-Parfly, Roots of Restharrow, Butchersbroom, Fenel, Eringoes, of each half an ounce; the Seeds of Burdock and Grounfil, of each two drams: boil these in two pints of the distilled Water of Radishes. Boil the straining, according to Art, with half a pound of double refined Sugar, into Tablets of two drams weight a-piece, and take one or two of them in a Morning fasting for the Stone or Gravel, or Ulcerations in the Kidneys, or Blad-

Dock: It is a great cleanfer of the Blood, and firengthener of the Liver when they

afflicted with Choler. are Some hold, that the yellow Dock-roots work most effectually when they are so afflicted: All Docks have in them a kind of a cooling. drying quality, but not all alike : The Sorrel being most cold, and the Blood-wort most drying, the Seed of them stays the Lasks and Fluxes of divers kinds : The Roots boiled in Vingear, cure and take off the Itch or Scabs, (the place being washed with the Concoction) and the Break-ings out of the Skin. The distilled Water of the Herb and Roots have the fame virtue, and more-especially cleanse the Skin from Morphew, Spots, Freckles, or other discolourings: Any of the feveral Docks being boiled with Meat, make it boil fooner : Bloodwort especially is a very wholfom Pot-herb, though fome, ignorant of its virtues. refule it, because it makes the Pottage blackish: but those are more nice than wife.

Doctor Stephen's Matere Take a gallon of Claret-Wine, or Canary, Cinnamon, Ginger, Grains of Paradife, Gallingal, Nutmegs, Anifeed, and Fenelfeed, of each three drams; Sage, Mint, red Rofes, Pellitory of the Wall, wild Marjoram, Rofemary, wild Thyme, Camomil and Lavenden, of each a handful; bruile the Spices small, cut and bruile

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the Herbs, and put all into the Wine in an Alembick; and after it has stood twenty four

Hours distil it.

Dodder, a Decoction : Take of Mirobolans half an ounce. Arabian Stochas, Raifins of the Sun floned, Dodder of Thyme and Senna, of each an ounce, Fumitory half an ounce, Hemp and Agrimony five drams; of the Roots of Polypody of the Oak fix drams, Turbith half an ounce. Whey two quarts; boil them all but the Dodder, till the Liquid be confumed to a quart, then put in the Dodder, and make it afterward just ready to boil, and so take it from the Fire, adding a dram and a half of the Roots of black Hellebore, of Agarick half a dram, Sal Gemma a dram and a half: When these have been infused about ten hours, press out the Liquor, and take four ounces of it at a time, as an excellent Purge for Madness or Melancholy.

Dodder of Chyme: It is effectual in Melancholy, and purges black or burnt Choler; it takes away the Trembling of the Heart, swoonings or Faintings, all Difeafes and Griefs of the Spleen and Melancholy arifing from the windiness of the Hypochondria: It purges the Reins and Kidneys, it opens the Obstructions of the Gall, and is

thereby helpful in case of the Jaundice: It purges the Reins of phlegmatick, and cholerick Humours, and mixed with a little Wormseed is good in

Agues in Children.

Dog-Bitting: If you are bitten by a mad Dog, or any other, Take the Roots of Gentian one dram, Myrrh two drams, the Eyes or black Claws of Crabs burnt and powdered, two drams; put them into White wine, boil them, and straining out the Decoction, drink a quarter of a pint at a time fasting, if you can, and very warm, then wash the Wound with your own Urin, wherein Rue and Carduus have been boiled, and fo continue to do three or four Days successively, having first laid some of the Powder dry on it, to draw out the putrefied Blood, and cleanse it.

Dogs-Grass: It is gentle in its operation; being boiled in Whitewine or Ale, it openeth Obstructions of the Liver and Gall; it removes the Stoppage of Urin, eafes Gripings, and Pains of the Belly, and Inflammations. The Seeds work powerfully in expelling Urin, and the Decoction of them stays Lasks and Vomiting: The Roots boiled in Whitewine, are a general Remedy against all Diseases oceasion'd by Stoppages.

Dogs-tooth : This is a kind of Grass so called, and has in it many excellent Vertues in Physick : viz. The Decoction of it healeth the Pains of the Belly, helps difficulty in making Water, breaketh the Stone, and brings away Gravel. The Root bruifed and applied, fearcheth Wounds, and keepeth them-If the from Inflammation. Decoction be put into a little Wine or Honey, and the third part of fo much Myrrh, Pepper and Frankincense, and be made to boil in fome Copper Vessel, it is a singular Remedy for the Tooth-ach, and Rheums falling into the Eyes. It is good for the Head-ach, being flamped, and applied to the Forehead. It likewife stenches Bleeding at the Nose. And the Seed thereof greatly provoketh Urine, and bindeth the Belly, and stayeth Vomiting, &c.

Darnet : The Meal of it is good to be applied to Gangreens, or any the like fretting and confuming Cancers, or corrupted Sores. It is excellent to cleanse a Leprous Skin, or that which is affected with Ringworms or Morphew. It dissolves Knots and Kernels, being used in quick Brimstone and Vinegar, breaking those that will not easily diffolve. Being boil'd with Pigeons-Dung and Linfeed in White-wine, it gives ease to

the Sciatica. The Meal of it, applied Poultis-wife, draws Splinters or Thorns out of the Flesh, as also Splinters of broken Bones, so that they may be easily taken out. The Red Darnel concocked in Red Wine, is excellent to stay Lasks, Fluxes, and bloody Issues; and retains Urine that would otherwise pass a way too suddenly.

Dobes-foot Is a prefent Eafe for the Wind-colick: it expels the Stone and Gravel in the Kidneys; and boiled in White-wine, is good for Bruifes, Hurts or Wounds. stays Bleeding, diffolies and expels congealed Blood, cleanfeth old Sores and Ulcers, being washed therewith, and alfo Fistula's. The green Herb bruifed and applied to green Wounds, allwageth the Pain, and allays the Inflammation. The Decocion of it in Red Wine eafes the Pains of the Gout, and Aches in the Joints or Sinews: the Powder or Decoction of it taken for fome time together, is experienc'd to be very helpful in the Rupture or Burstenness of Old or Young. This Herb. by some, is called Cranes-Bill.

Doton, by some called Cotton-Thistle: The Leaves and Roots help (if the Juice or Decoction of them be drank) Cricks and Pains in the Neck, Galen affirms, That the Roots

and Leaves are of a Healing Quality, and help against Convulsions of the Nerves, whereby any Part of the Body is drawn up by some Spalm, as the Rickets in Children, and the Shrinking of the Sinews in Old People.

this diffilled, fcoureth and cleanleth the Body: being apply'd outwardly, it takes away Freckles, Morphew and Sunburn, especially if mixed with strong Vinegar: an Ointment of it is good in Wounds: it confumes the offensive Flesh growing in the Nostrils, call'd Polypus, and Cancers. If dropt into the Eye, it takes off Films. It is likewise good against the Pestilence.

Dritth in Fevers: This is most excellent in hot and continued Fevers, viz. boil a handful of the Leaves of Rue in fair Water till it take very strong of it; strain it, and add an ounce of beaten Licorice, and two ounces of Sugar; to balk a pint of this add ten drops of Spirit (not Oil) of Vitriol, and use it for an ordinary Drink, and it will allay and drive out the Heat that occasions the Fever.

Dittil, another: Take half a pint of Small-beer, half an ounce of burnt Harts-horn; powder it, and boil it a little in the Liquor, and it will fortifie the Heart, and expell the Heat.

Drink for Malignant Fevers: Take Spring-water a quart, give it a walm or two, put into it an ounce of burnt Harts-horn; the Mixture being cold, put in three ounces of Syrup made of the Juice of Lemons; shake them well together, and take a quarter of a pint both Morning and Evening.

Daint for Head-Pains : Take of the Leaves of Senna one ounce: Cinamon, Anifeeds, Fenel-feeds and Currans, of each a dram; Licorice two drams, Rosemary and Sweet Marjoram a handful: shred and bruise these, and flice in three or four new Figs, boil them in three pints of Water, with an ounce of Sugar, till a third part be confumed : then strain it. Dose to the weak is about two ounces; but for stronger Bodies, from two to four ounces. It removes Pains, if the Body be open or foluble, that the Vapours arise too hastily to afflict the Brains

Note, If the Land be pained, and the Body bound, endeavour, the first thing you do, to open and render it soluble; otherwise the ascending of Vapours to the Brain will so disturb the Head, and distemper it with Heat and Pain, that Lightness of the Head, Phrensies, or raging Madness may happen to ensue, if not timely prevented.

Daink

Dank correcting sharp Humours: Take an ounce of choice Barley, wash it very clean, then boil it in a quart or more of Spring-water till the Grains begin to burst; then strain the Decoction through a Cloth, and drink it for your ordinary Drink at Meals.

Take two handfuls of Water-trefoyl, and suffer it to work in about eight gallons of Wort; use it for all or the greatest part of your ordinary Drink, and it will purge out by gentle breathing Sweats the noxious Humours that occa-

fion the Distemper.

Drink for Wheezing: Take five pints of fair Water, half a pint of Honey, six Figs, an ounce of Blue Currants, two drams of Licorice; boil them to the consumption of a pint, and drink a quarter of a pint of it both Morning and Evening pretty hot. This brings away tough Phlegm, cures the phlegmatick and slimy Cough, and remedies Shortness of Receiving Take 1999.

Typelle: Take Smallage, Thyme, Hyflop, Watercreffes, Pennyroyal, Nettle-tops, of each a handful; Carawayfeeds, Calamint, Elecampaneroots, of each one ounce; boil them in fix Quarts of running Water until one half be confumed, then strain it; put to this Liquor two quarts of Canary, add Licorice scraped and bruifed two ounces, Sweet-Fenel-feeds one ounce, Cumin-feeds, and Alexander-feeds, of each two drams: boil all these together again for half an hour, then strain it for use. Take nine spoonfuls of this Liquor in the Morning fasting, and as much about three or four in the Afternoon, and continue it for some time.

Deopsite: Take the Root of Gors (it groweth upon Hills and Heaths, and is full of Prickles and yellow Flowers) pare off the outward Bark, which throw away; then scrape off the inner Rinde, and fill a pint Bottle with it lightly; then fill it up with Rhenish or White-wine; let it stand to insuse all night, the next morning drink a glass-ful of it, and continue it till you are cured.

Droptie: Take Rue, Camomil, Melilot, Calamint, of each two ounces; beat them small, and boil them in Wine, and Oil of Dill; then add of Gummi Carana, as much as sufficeth-to make a Plaister.

Dropmort-Boot, its Vertue: A Decoction of it provokes Urin, and expels Gravel, cures the Heat of Urin, and removes the difficulty in making it. The Juice of the Root, and the Powder, are held to be successful in the Falling-sickness. The Dose is

a dram of the Powder or Juice of the Root in Wine. It's excellent in stopping Fluxes. It heals the Ruptures of the Belly, and cures

the Bloody-flux.

Ducks-Weat : It fwims on the Tops of Ponds, mostly in Summer-time; it helps Inflammations and St. Anthony's-Fire, as also the Gout, when applied Poultis-wife with Barley-meal. The distilled Water of it is good against Inflammations inwardly, and Pestilential Fevers. It removes the Redness of Sore-eyes, and the Swellings of the Breafts of Women, if apply'd before they be grown too large. The Herb fresh, easeth the Pains of the Head, if caused by Heat, or hot Inflammations.

Dullness of Bearing: Take the Juice of Red Onions, and drop it into the Ears, stopping them with Cotton-wool; or the Juice of Briony-root, but not too often, nor too much at a time; and the Obstructions, by this means, being opened and removed, the Hearing will be recovered and restored

Dysentery: For this Difeafe, which many times proves very dangerous, Take the Dung of a Pig, dry it very well, and burn it till it becomes grey, in Ashes; put about half a dram of it into a spoonful of Vinegar, and drink it both Morning and Evening, and it will remove this Distemper.

Dylentery: To remove this, and other sharp Fluxes. Take the Herbs and Leaves of Fleabane, dry it by degrees, till it be reduceable to a Powder; take about a dram of it twice or thrice a day in White-wine, or you may take it rolled up in Conserve of

Roses.

If you perceive any Imposthume breeding in the Ears; To ripen it, Take fine Wheat-flower an

ounce and an half, Fenegreekfeed, Eels-greafe, Litharge of Gold, Ceruse and Frankincense, Myrrh and Frankincense, the

2 3rs Imposthumated : of each one dram ; mix them together, and make a Plaister of them; lay it all over the Ear, having first dropt in some Oil of Myrrh: when 'tis ready to break, take Sarcocolla, Aloes, Dragons-blood, Drofs of Iron and Verdegreafe, of each half a dram; mix them with Vinegar to a thinness, dip a Taint therein, and put it into the Ear.

Earth-moints Prepared: To do this, that they may be kept for any use, you must only slit them down the middle, wash them well in Whitewine or Whitewine-Vinegar; then dry them in the Sun, and put them up into dry Boxes to make Powders, or for other Uses upon occa-sion.

Ebony: The Decoction of it, when rasp'd or made thin in Shavings, is approv'd in Convulsions, if it be drank sweetned with Honey.

Cets to Collar: Take a large filver Eel, take out the Back-Bone, dry and feafon it after its having been washed, with beaten Nutmeg and Salt, then cut off the Head, and roul in the Tail, being feafoned in the fides; bind it up close and straight in a fine white Cloth, then put it into a fit Pipkin, with as much fair Water and Whitewine, as will cover it upward of two inches, of each a like quantity: then feafon it with fome Salt, and the Eel being put into the boiling Liquor when it is boiled pretty tender, take it up; and when the Liquor is almost cool, put to it a little Vinegar, and make a fouce of it, adding fome Blades of Mace. and a few Bay-Leaves and Tops of Rosemary; and when you intend to use it, take it out of the Cloath, pare it, and dish it up: place a Sprig of Rosemary in the middle of it, and boil up the Liquor it was boiled in to a Jelly, by adding a little Isinglass, and so serve it to the Table.

Gels, Court-fashion, to Bake: Cut your Eels, being washed, stripped, and well cleaned, into convenient lengths, have a convenient earthen Pot, or Vessel, that being put in, they may stand end-ways; and put to them a spoonful or two of Water, with some chopt Sage, Marjoram, Thyme and Rofemary-Tops, with a little Pepper, Garlick, or Shalots, small bruifed; and when they are enough, beat up some Butter with Claret, Whitewine, and the Liquor that comes from them, and laying them in order in a fair Dish, serve them цр.

Having drawn them and wafhed them in clean Water, rub
them in Pepper and Salt finely beaten; cut them athwart
on both fides a good depth,
then crofsways, and fo cut
them thorough in fuch pieces
as you think convenient: then
having a pint of WhitewineVinegar pretty well heated in
a Dish, put them to it, and

fprinkle

forinkle a little Salt : and then having a Pot over the Fire full of fair Water, put more to your Eels, some sliced Onion, a few Cloves and Mace; and fo place your Dish, or other Veffel wherein they are, that the boiling Water in the Pot may furround it, but not come into it: and when by that heat, with often turning them, they are fufficiently enough, take them out and drain them from the liquor; and when they are cold, take a pint of Whitewine, boil it up with Saffron to colour it; then take out some of the liquor, or put it into an earthen Pan, take out the Onions, and all the Herbs, fuffering the Cloves and Mace to remain, and so serve them up in the Liquor, adding some beaten Butter and Powder of Cinamon or Ginger; and this way they are accounted the best of any boiled.

or three large Eels, bone them: when they are drawn and wash'd, mince them; then feason then with some Cloves and Mace, and put to them Stewing-Oysters, an Onion cut in four quarters, and a little White-wine: stew them with these and an Anchove or two on a gentle fire: then serve them up on fine carved Sippets, the Dish being garnish'd with some slices of Oranges; run them over with

beaten butter, the Yolk of an Egg or two, grated Nutmeg, and the Juice of an Orange.

Et = Dye, to Season: Take about eight filver Eels of a middle fize, cut them into convenient lengths; beat half an ounce of Cloves and Mace, scrape two Nutmegs, and put in a quarter of an ounce of Pepper: then take a quarter of whole Mace, break it into little sprigs, strew it on with Salt; and add two pound of Butter, placing it under and above the Eels in thin slices.

Cel, to Roaft : Take a large filver Eel, draw off the Skin, and cleanse it well: then take a handful of Thyme, Winter-favory, Marjoram, Rosemary and Sage; shred them, and bruife them fmall; incorporate them with about half a pound of Sweet-Butter, and a little grated Nutmeg and Mace; stuff it into the Eels Belly, fow it up lightly, and then draw the Skin over him: prick it full of holes, to prevent breaking, so tie it to a Spit and roast it; saving what comes from it, to be beaten up with some Butter and Claret for the Sauce.

Take a pretty large Eel, split it down the Back, and joint the Bone, but leave on the Skin, and cut it into four pieces of equal bigness; salt and baste them with Butter

and

and Vinegar, broil them on a gentle fire; and being well broiled, serve them up with beaten Butter and Juice of Lemons, and garnish'd with

Sprigs of Rosemary.

Having Ecis Stewed : drawn and wash'd them, place them round or in pieces; then with a quart of Whitewine, a pint and a half of Wine-Vinegar, and a quart of Water: some Salt, and a handful of Rosemary and Thyme bound hard up, letting them boil before you put in the Eels: let them take a walm or two, and so put to them some whole Pepper, and a few blades of large Mace; and being boiled, dish them with fome of the Broth, beat up thick with Butter : place Sippets, fliced Lemon, Barbetries and Grapes about the Dish, and so serve them up.

Cels Stewed: To do this. You must cut the Eels in pieces at moderate lengths, and put them into your Stewpans, with White-wine, Butter, Pariley shred, and some Capers; a few Chippings of Bread, to allay the Sauce; and when all is enough, ferve it up: and if you please, you may make a white Sauce to it with Whites of Eggs and Verjuice, or White-wine and Vi-

negar.

Bels, another way : Cut two or three Eels into pieces of a convenient length, fet

them endwise in an Earthen-Pot, and put in a spoonful or two of Water; and to them put some Sage, Thyme and Winter-favory chopt small. feafon them with Salt and Pepper, and fo fet them in the Oven, and ferve them up with a Sauce of Butter, Mace, Nutmeg, Verjuice, and the Herbs baked with them.

Eglantine: The Vertues of the Flowers are Aftringent, for which reason they are used with Success in Fluxes of the Womb: the Fruit is in high esteem for its Lithontriptick Vertue; the Heads being ripe, afford a Pulp of a very pleafant sharp Taste, which some reckon good in Fevers, or to sharpen and restore lost Appetites. The Conferve of it is good against Spitting of Blood. and the Scurvy. .The Root boiled in White-wine, and inwardly and outwardly applied, heals the Bitings of Mad Dogs. The Athes of it cure the Heat of Urine, and kill Worms.

Take the Conferve of Hips and Wood-forrel, of each one ounce; Cream of Tartar a dram, Conferve of Barberries half an ounce; and with the Juice of Lemons and fine Sugar make thele into an Electuary, and thrice a Day take the quantity of a small Nut. It is excellent in allaying the Heat of Fevers, and

Cooling the Blood.

**Eggs** 

Eggs Fricased: Take twelve Eggs, Cream, Sugar, Nutmeg, Mace and Rose-water; then pare and take out the Cores of tome good Apples, flice them very thin into the Pan, and fry them in Sweet-Butter; and when they are enough, take them up, and fry half the Eggs and Cream with more Sweet-Butter; then put in the rest of the Eggs and Cream, and lay the Apples round the Pan, and the Eggs that were first fryed uppermost. Dish them on Plates, and put to them the Juice of Oranges and Sugar.

Eggs to Poach : To do thefe the best and surest way, Take a dozen of new-lay'd Eggs, and the Flesh of four Partridges, or other Fowls; mince the Flesh small, and feason it with a few beaten Nutmegs, Cloves and Mace; adding a Ladle-ful of the Gravy of Mutton, wherein two or three Anchovies are dissolv'd: then fer it a stewing over a gentle fire, and when it is half stewed, and boiling up, break in your Eggs one by one, putting away the better half of the Whites; make a place in your Dish of Meat, and therein put the Yolks of the Eggs round in order among it; so set them to stew till your Eggs be enough, taking care they harden not; then grate in a little Nutmeg, and the Juice of a couple of Oranges, but none of the Seeds; wipe the fides of the Dish, and garnish it with slices of Oranges, and Lemons, and a little Pepper, Sugar and Salt.

Eggs Quelquechofe: Break about forty Eggs, and beat them together with some Salt; fry them at four times on one fide; and before you take them out of the Pap, make a Compound or Composition of hard Eggs; boil some Sweet-Herbs finely shred with fome Currants: Then put them to the Eggs, and strew them over with beaten Cinamon, Almond-paste, Juice of Oranges and Sugar; and dividing them, roul them up like Wafers, and put them in a Dish with Juice of Lemons, and white Sugar: then warm and Ice them over in an Oven with beaten Butter and fine Sugar, and ferve them up as a Dish very admirable and rare.

Take about twenty new-lay'd Eggs, break, and mix them with a quarter of a pint of Canary, and a quarter of a pound of fine Sugar, fome grated Nutmeg, and Salt; beat them together with the Juice of an Orange, fet them over a gentle fire, keep them stirring till they begin to thicken; serve them up in a Dish with toasted Manchet and scraped Sugar; sprinkle

them over with Orange-juice, Comfits or fweet Wine, having dipt the Toasts before you lay them in Juice of Oranges, Claret, or White-wine.

Electuarium Diacartha= mum: Take of the Spices of Diatragacanth frigid half an ounce, of the Pulp of Preferved Quinces one ounce, of the Marrow of the Seeds of Bastard-saffron half an ounce, white Ginger two drams, Diagrydium powder'd a-part three drams, of white Turbith fix drams, Manna two ounces; Solutive Honey of Roses strained, and Sugarcandy, of each an ounce; of Hermodactyls half an ounce, white Sugar boiled to the Confiftence of folid Electuary ten ounces and an half: and when it is hot, mix with it the Honey of Manna and Pulp of Quinces; then add the Powders, and make it up into folid Electuary, to be formed into Tablers. It is excellent good for Pains in the Stomach. and comforteth the Heart and Brain.

Electuarium Diapzunum:
'Tis fo called from the Plums of which it is partly made, and is made of Damascens after the following manner: Take of those that are large, ripe and fresh, about a quart; let them boil in a sufficient quantity of Water till you can easily pulp them thorough a Sieve; then boil an ounce of

Violet-flowers fresh or dried. in the fame Liquor, and strain it, and add to it two pound of Sugar, boil'd up to a Syrup; then add the Pulp above-nam'd, and of the Pulp of Cassia and Tamarinds strained and dissolved in a small quantity of the Liquor, of, each an ounce : boil it up again, stir it continually, and add the following Powders, viz. Saunders, White and Red. and Rhubarb, of each three drams; Red Roses, Violets, the Seeds of Purslain, Endive, Barberries, Gum Tragacanth, and the Juice of Licorice, of each two drams; of the great Cold Seeds one dram. Thefe being made into an Electuary. are exceeding good in Fevers, as being Cold and Moift.

Eleauary of Citroi So= lutibe : Take Citron-peel candied, of the Conserve of the Flowers of Bugloss, of Species of Diatragacanth frigid, and Diagrydium, of each half an ounce; of Turbith five drams; Ginger half a dram; of the Leaves of Senna fix drams; and of the Seeds of fweet Fenel a dram; of white Sugar dissolved in Rosewater, and boiled up to a fufficiency, ten ounces: beat in a Brais Mortar the Turbith and Ginger, being first cut fmall: the Senna, Fenel and Diagrydium must be powder'd apart, and mixed with a little of the Diatragacanth:

the Bark of the Citron must be pounded in a Marble Mortar; then add the Conferves pulped thorough a fine Sieve, and boiled a little in the Sugar dissolv'd: take it off the fire, and when it is just warm, put in the Powders, and lastly the Diagrydium and Diatragacanth: of this Paste make Tablets, which are good against Pestilential Distempers, or for fuch as have been bit by any venomous Creatures.

Cleauary of Lawrel= Berries : Take ten drams of the Powder of dried Rue! the Seeds of Bishops-weed, Cumin and Lovage, Caraways, Nigellum, wild Marjoram, wild Carrots, Parsley, Bitter Almonds. Round and Long Pepper, Horse Mint, Lawrel-Berries and Castor, of each two drams; Sagapenum half an ounce, Clarify'd Honey a pound and an half, Opopanax three drams: these things being well beaten, bruised and mixed together, add the Gums. towards the end, dissolved in White-wine, and make them up into an Electuary.

A dram of it may be taken at any time. It is good for the Colick, expels Wind, and firengthens the Stomach; and when, upon extraordinary Occasions, it is given in Clysters, near half an ounce of it may be mingled with the other

Ingredients.

of Raisins stoned; Polypody of the Oak, Oriental Senna, of each two ounces; Mercury a handful and an half': Jubebs and Sebestenes, of each twenty five; Maidenhair, Violets and Barley cleanfed, of each a handful: Damask Prunes and Tamarinds, of each fix drams; Licorice half an ounce: boil them in five quarts of VVater to the confumption of a third part: then strain them out hard in part of the Liquor diffolved, of the Pulp of Cassia and Tamarinds, fresh Prunes, Violets and Sugar, of each fix ounces: and in the other part of the Liquor diffolve two pound of fine Sugar; then add an ounce and an half of the Powder of Senna, and two drams of the Powder of Anifeeds, for every pound of the Electuary, and fo make it up according to Art. This is an excellent Electuary for Cooling and Purging gently. The Dofe is from an ounce to an ounce and an half.

Cleanary for Dbitructons: Take Cinamon, Mace, the Roots of Afarabacca, Spikenard, Mastick and Sastron, of each fix drams; unwash'd Aloes twelve ounces and an half, clarify'd Honey a pound and three ounces; make thefe up into an Electuary. powerfully opens Obstructions, yet purgeth but gent-Electuary Lenitibe : Take | ly, and greatly cleanfes the

Stomachi

Stomach. The Dose is from two to three drams.

Electuary Burging: Take Rhubarb an ounce, bring it into Powder; then in a Marble or Glass Mortar put about half a pound of Currans clean pick'd and wash'd, and bruis'd as small as may be, strewing and incorporating the Powder of Rhubarb with them; and of it take in the Morning fasting as much as an ordinary Walnut. This is good for Pains and Gripes, and especially Worms in Children.

Cleduary of Saffafras : Take of this fragrant Wood two ounces, three pints of Spring-water; boil them to the confumption of a third part, adding towards the end, half an ounce of Cinamon bruised; then place two pound of Sugar in an earthen Pan, and strain out the Liquor to it; and being well mixed, boil it up into a Syrup, adding two drams more of beaten Cinamon, half a scruple of Powder of Nutmeg, Ambergrife thirty two grains, Musk three grains, ten beaten Leaves of Gold, and so make it up into an Electuary with four drops of the Spirit of Vitriol.

This is a fingular good Drying Medicine, and therefore to be taken in Rheumatifms, or Moist Diseases, and consequently in Defluxions of Rheums and the Dropsie. A dram is fufficient for a Dofe in fome Cordial-water that is healing or chearing the Noble Parts.

Elixir for the Bead: Take Misleto that grows on the Oak, Piony-roots, and the bigger Valerian, of each an ounce and an half; Laurel. Juniper-berry, and Pionyfeeds, of each an ounce: Cinamon, Mace and Cubebs, of each three drams; Flowers of Rosemary, and Lavender, of each a handful: bruife what is to be fo bruifed, and macerate them together twenty four hours in the Water of Black Cherries and Lily of the Valleys, and Spirit of Wine rectified, of each twenty four ounces: then having distilled them, dissolve in the Water a pound of the best white Sugar, and a dram of the Tincture of Ambergrife: keep it close stopped.

Clirit Proprietatis: The new way to do this, is to take Saffron, Myrrh and Aloes, of each half an ounce; the reclified Spirit of Wine very near three quarters of a pint; Spirit of Sulphur per campanam, half an ounce: draw, in the first place, a Tincture from the Saffron into the Spirit of Wine, by infusing or digesting it fix or seven Days: then add grossly bruised Aloes and Myrrh, and the Spirit of Sulphur; digest them in a long

Viol

Viol well stopp'd for the space of thirty Days, but keep it frequently shaking; then you will find a black Tincture on the faces, pour that off, and let it stand still for twelve hours, and so decant it till you find no faces at the bottom. The Dose is sisteen or twenty drops in a Morning, in a glass of Wine, or some other convenient Liquor.

This Elixir is Stomachick, Anodyne, Alexipharmick, and Uterine. It has great success in Tertian Agues, and may be safely given to all Ages and Constitutions. It Alters, Evacuates and Strengthens.

Elixir Proprietatis. Vid. Antiscozbutich Elixir Pro-

prietatis.

Elixir Salutis: Take of the Leaves of Senna, four ounces; Guajacum and the Roots of Elecampane dried. of the Seeds of Anife, Caraways and Coriander, of each two ounces; of Licorice two ounces; Raisins of the Sun stoned half a pound: infuse them cold in three quarts of Aqua-vitæ, or some other good Spirit of the like Nature, not too ftrong, for the space of four Days: draw it off, and bottle it up. If it proves an excellent Cordial, you may, if you would have it fomewhat more Purging, put a few flices of Rhubarb into it.' It is good in the Colick, or any Pains of the

Belly; also it cleanses the Stomach, and dissolves the Stone in the Bladder or Kidneys. It brings away the Gravel and Stone. Two or three spoonfuls are a sufficient Dose for an ordinary Constitution; and so more or less, as it can be borne.

Eime: The Leaves, Branches and Bark of this Tree are Affringent. The Leaves bruised with Vinegar, stop Bleeding; and applied to fresh Wounds, facilitate their Cure: as also boiled in Vinegar very strong, they much avail in the Leprosie. The Bark of the younger Sprigs boiled in Spring-water almost to the Confistence of a Syrup, and a third part of Aqua-vitæ mixed with it, is an excellent Remedy for the Gout in the Hip, if the Part affected with it be fomented before the Fire. The Water in the Bladders on the Leaves, clears the Skin, and mends the Complexion. Cloaths being wet in this VVater, and applied, helps Burstenness in Children, the Bowels being at the same time kept up with a Truss.

Take of the Bark of Elme fix drams, Red Roses half a handful, Raisins of the Sun stoned twenty: boil them in a sufficient quantity of VVater to a pint and an half; dissolve in it Honey of Roses, and simple Oxymel, of each

two

two ounces. It is an excellent Gargarisme for Inflammations, and in hot Diseases that dry and parch the Mouth or Throat, or in such as afflict them with too much Phlegm

and flimy Matter.

Emplafter of Bettony: Take green Bettony, Burnet, Sage, Milfoil, Agrimony, Peneroyal, and the leffer Centaury, great Comfrey and Clary, of each fix ounces; Mastick and Frankincense, of each three drams; Orris and round Bithwort, of each fix drams; white Beefwax, and clarified Turpentine, of each eight ounces: Rosin of the Pine fix ounces; Gum-Elemy, and Oil of Firr, of each two ounces: Whitewine three pints: beat the Herbs very well, and let them feven or eight Days to infuse in Whitewine; stir them well, then boil them, and strain out the VVine: boil it with a gentle Fire to the confumption of a third part; add the Oil of Firr, next the VVax melted, and fo the Rosin and Gum, and the Turpentine; and having boiled them a little, and removed them from the Fire, cool them by degrees; then put to all these, well mixed, the Powders of Orris, and Bithwort, and make 'em into an Emplaster.

This is exceeding strengthening and restoring. It is apply'd with great success to fractured or broken Bones, al fo to strengthen weak Joints. and heal Sprains or Bruises of the Sinews; small Emplasters of it layed to the Temples and Nape of the Neck, draw Rheums away from the Eyes, and also ease Pains in the Head.

Emplaftrum Cæfaris : This is called Cafar's Plaister, for the strength it gives to those that are weakned with Sickness or Hurts. To make it, Take red Roses an ounce and a half, the Roots of Bithwort, Cyprus Nuts, the feveral forts of Saunders, Mint, Corianderseed, Dragons-Blood. Hypocistis, Acacia, seal'd-Earth, bole and red Coral powdered, of each two drams: Turpentine that has been infused in Plantain-water four ounces, Oil of Roses three ounces, white VVax twelve ounces, Rosin of the Pine ten ounces, Stone-pitch fix ounces, Plantane, Orpin, and Housleek-Juices, of each an ounce. To the Rofin, VVax, and Pitch melted together. add the Turpentiue and Oil, then the Hypocistis and Acacia dissolved in the Juices, and then the Powders; and fo over a gentle Fire make them into an Emplaster, or Cerecloath.

It is very aftringent, and therefore firengthens the Back and all other Parts of the Body, removes Pains, and is a most excellent Remedy for the over-straining of the Sinews.

Enotibe-Mater: This is an excellent cooling VVater to mix with cooling Syrups, and to give in Fevers and hot Diseases: It allays Inflammations and the Heat of the Blood. The Herb eaten in Sallads raw or boiled, resists Choler. It prevents Heat breaking out, that deforms the Body with Pimples and Redness, and frequent suspenses.

Epileple: Children, it is observed, are many times troubled with the Falling-Sickness, either during the first Month after a Loofness, (in which case, Diacodium, to the quantity of a Pepper-Corn dissolved in Saxifrage-water, or the Woman's Milk, is given with fuccess,) or about the time of their breeding Teeth from the 7th to the 10th. Month; it is accompanied with a Cough, or, what is worfe, Vomiting and Loofness, voiding green Excrements: In this case apply a bliftering Plaister, as soon as may be to the hinder Part of the Neck.

Take of Langius's Epileptick Water three drams, Liquid Landanum two drops, or more, if the Child be strong; Syrup of Peony one dram; mix them for a Draught, which must be presently given: or, Take of the VVater of Rue

three ounces, Langius's Eplleptick VVater, the Compound of Briony-VVater, of each an ounce; Syrup of Gilliflowers half an ounce. Of these well mixed together make a Cordial or Julep, and give a spoonful every Hour, if the forementioned Draught has not discussed the Paroxysm.

Gringoes, otherways called Sea-Holly: It forces Urin and the Courses, expelsVVind. helps the Jaundice, and eases the Gripes in the Belly and Stomach. The Roots candiare reckoned amongst Sweet-meats as very wholfom and pleasant, and are good Preservatives against the Plague. contagious Fevers, and infectious Airs: Those that have the Confumption would do well to eat them often. Roots candied, cure the Gonorrhea, and prove advantagious in contributing to the Cure of the French-Pox. Some hold that being stamped and applied to the Bellies of VVomen, they prevent Abortion.

Explipelas: This is a very strange Distemper, for all Parts of the Body, with the Face especially, are swollen red, and full of Pains, overspread with little thick Pimples, which sometimes rise into Blisters, and the Eyes seem to be closed with the Swellings, Coldness, Shivering, and the like. In this case, open

a vein

a Vein in the Arm, let not the quantity taken away exceed nine or ten ounces. Then take of Lily-roots and Marshmallow-roots, of each an ounce; Camomil-flowers, Elder and Base Mullein, Mellilot, the Tops of St. John's-wort, and the lesser Centaury, of each a handful; Fenugreekseed and Linfeed of each half an ounce; boil them to three pound in a quantity of Water sufficient to do it; strain out the Liquor, and when you defign it for use, add two ounces of the Spirit of Wine, and in this Water so strained out, dip pieces of new Flannel. and having fqueezed them, apply them hor, often anointing the Parts fo grieved after fomentation, with the following Direction.

Take half a pint of the Spirit of Wine, Treacle two ounces, Long-pepper and Cloves in Powder, of each two drams; make thefe, by mixture and infusion, as strong as may be; and being strained, dip Cap-paper into the Liquid fo strained, and apply it wet and warm to the afflicted Part; and for the more speedy Remedy after letting Blood, the Party may take a Clyfter of Milk with Syrup of Violets, and cooling Emulfions and Juleps.

Explipelas: An experienced Remedy for this, is, the Blood of a Hare, best in

March, but at other times may ferve: Take it hot if you can, and anoint the Place infected with it; otherwise apply a Linnen-Rag, that has, though a good while fince, throughly imbibed the fresh Blood, and dryed in the Air; but if it be too hard or stiff, soften it with a little fair VVater, the cold taken off.

Etil: For this, commonly called the Kings-Evil, Take Cuttlebone uncalcined, scrape off the outside, or that which is coloured, dry the white part, and beat it to Powder very fine, and take half a dram in a spoonful of Aqua Malvæ.

Excortation: This is when the true Cutis is affected; then Take Prunella, called in English Self-heal, bruise it well in a Mortar of glass or stone, and apply it to the Part afslicted, renewing it but seldom, and sometimes not at all.

Extoriations: Melt Mutton-Suet of the Kidneys, freed
from Fibres or Strings, two
ounces; add by little and little fixteen or eighteen drops,
though in small Matters eight
or ten may serve, of Oil of
Turpentine; spread the Mixture on a Linnen-Cloath, and
apply it to the Part afflicted
by binding, or otherwise.

defigned to ripen Coughs, and diffolve Phlegm. To do it,

Take hard Onions, fry them with sweet Butter, or first with a little fair Water, to take away their Tast; then take them out of the Pan and boil them with new Milk till it he well impregnated with them, and they become tender: Math them together, and for your better Accommodation, you may scrape among them fome Sugar-Candy, it matters not whether white or brown, and put it up in a Gallypot, taking Night and Morning two or three Spoonfuls.

Eyes Blittered: Take Saffron half a dram, the Juice of Sloes a scruple; mix them with Rose-water, and beat them into as fine a thinness as you can with the White of an figg, and drop a little of it into the Eyes, and anoint the Eye-lids with it when you

go to Bed.

The bright: It chiefly helps and strengthens the Sight, and cures such Diseases as are incident to the Eyes. The distilled VVater wonderfully strengthens the Sight, anothe Juice is very good on the like account. Divers knowing Oculists order the Parties, whose Sights are defective, to use this Herb in Sallads, and in their Broths; and Drink.

Epe Bruisen: Take Bettony and Eye-bright V Vater, of each a spoonful; drop three or four drops of clarified Ho-

ny into it, then shake them together, dip a fine Rag or Cotten into it, and lay it to

the Part grieved.

Take Mucilages of Quincefeed, Fleawort, Linfeed and Fenugreekfeed, of each a scruple; boil them a little in four ounces of Bettony-water, filter it, and apply it to the Part.

Epes to Cure: If the Eyes be dull, cloudy, or fpecks, spots, or films begin to appear on them, Take Paracelsus, (Zibethum Occidentale) viz. Human-Dung of a good colour and confiftence, dry it by degrees moderately, till it be capable of being reduced to Powder, then powder it and fearce it very fine, a little of which must be blown once or twice a day into the Eyes, as the nature of the defect requires; then keep it in for a time by closing the Lids, and fo wash it off with Eyebright-water.

prepared Pearl and Coral, of each a scruple; Aloes finely powdered three grains, red Rose-water and Succory, of each an ounce, mix them well: and if you would have the Mixture stronger, put in a few grains of Trochisci Albi Rhasts in very fine Powder, and wash the Eyes with it as

you fee occasion

that: Boil a new-lay'd Egg hard, cut it in halves without taking out the Yolk, and apply one of these considerably warm, but not too hot, to the Eye grieved; and keep it on, if need requires, six or eight hours, and it will draw away the Heat: Or you may make a Poultis with it and rotten Apples, and apply it in the same manner.

Epes Inflamed: Take the Juice of a rotten Pippin; fome Hen-dung, that of it which is the whitest; beat the White of an Egg very fine, burn the Hen-dung to Powder, put the Apple-juice to the White of the Egg; add Loaf-fugar finely scraped: and having well mixed them together, , dip a Feather in them, and drop a few drops into the Eyes, winking hard to keep it in; and by often fo doing, you will find the Pain, Redness and Heat abated.

Or This, (especially if the Sight be weakned with the long continuance of the Inflammation, or any other matter,) Pouder very small a whole Nutmeg, so that being dried well, it may be sifted thorough a fine Lawn: do the like by the Leaves and Flowers of Eyebright, the tender Tops and the Seeds of Fenel; add a small quantity of burnt Alom and fine

Sugar as finely powder'd? mix these together, and take the Composition from a dram to two ounces or more at a time, doing it often, and washing your Eyes both Morning and Evening with fair Water.

Epes, an Dintment in general: Take new Hogslard two ounces, Tutia prepared fix drams, Lapis Hæmatitis washed one scruple, Aloes wash'd and pouder'd twelve grains, Seed-pear finely powder'd three grains; steep the Lard in Rose-water fix hours, and then wash it very well in Whitewine: powder the Tutia very finely, and so over a gentle fire make it into an Ointment with a little Fenel-water. And in case of any grief in the Eyes, you may use it with fuccess by anointing the Eye-lids, and Corners of the Eyes, for present ease, till you meet with a more particui Remedy.

extraordinary Pain or Heaviness in the Eyes, Take Flower
of Melilot, of Elder and of
Marrigolds, of each a small
handful; Linseeds, Fenegreek, Fleawort, Cummin
and Quinces, of each half a
scruple; French Barley half
an ounce, Damask roses half,
an ounce, Spring-water a pint
and an half: mix, boil and
strain these well, and with

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the

The Decoction foment the Forehead and Temples confi-

derably warm.

Eyes, their Pains to affronge: Take young Endive, and stamp it with the Oil of Roses and Violets, and anoint the Corners of the Eyes and the Eye-lids with it; and so doing often, the Pain will

quickly be abated.

Epe-Dalbe : Take Oil of Myrtle, and Juice of Rue, of each two ounces; boil them, and strain out the liquid part, and fet it again upon the fire, and put to it Saphire prepared half a dram, Jacinth one scruple, and Antimony half a scruple; burnt Copper one scruple, Tutia prepared three drams: let them feeth on a gentle fire, and add two or three drams of Bees-wax, and to anoint the Eye-lids, or spread it on a thin piece of Silk, and lay it on the Eyes. This helps Watry Eyes, the Pains in them, and stays Defluxions of Rheums.

Eye-Salve, another: Take Starch three quarters of an ounce, Tutia prepared in Rose-water half an ounce, fresh Hogs-grease an ounce; bruise and temper them well together; anoint the Eyelids, Forehead and Temples with it. It remedies Instammations, Pains, Wounds and

Bloodshot Eyes.

Tutia and white Sugar-candy,

of each half a dram; Powder of red Roses a dram and an half, the Crumbs of white-Bread half an ounce; Goral prepared, and Pearl, of each half a dram; Flowers of Saint John's-wort one dram: make these into a Poultis, and lay it to the Eye on a fine Cloth.

Eves Spotted: If any Spots appear growing on the Eye, Take fine White-Paper, let it flame away upon a clean Pewter Plate, till fo much Oil of the Paper flicks to the Plate as you have occasion for; so blow off the Ashes of the Paper, and with a little of your Spittle mingled with the Oil, mix it with your Finger, or fome other convenient thing, into an Ointment; which with a Feather apply gently to your Eyes once or twice a day, as need shall require, or as you can bear it; for it will make the Eyes fmart, but in a little time you will find the benefit of it.

Eyes Beo: Take three grains of Camphire, and a large blanched Almond; incorporate them well by grinding them, and add by little and little two or three ounces of Red Rose-water, still grinding them till the whole be brought to a kind of Emulsion, drop a little of this in the place affected, and it will, by often so doing, ease the

Pain,

Pain, and take away the Red-

Epes Red and fiery: Take Ground-Ivy, fingle Daifie-roots, and Housleek: distill them, or for want of that Convenience, press out the Juice; dissolve in two ounces of the Water or Juice about a quarter of a spoonful of clarify'd Honey, and fuffer them to depurate by residence; then drop it into the Eyes, two or three drops at a time, and continue fo doing four or five times a day: But if there be no great Inflammation, there must be more of the Daifie-root and Ground-Ivy, than of the Houfleek.

Exe-Mater: Take Gumarabick, Rose-leaves, Saffron, Spica, of each a quarter of an ounce; beat them small, and make Cakes of them with Spring-water; and when you are to use it, take a dram thereof and steep it in the White of an Egg well beaten, and wash the Eye with it; and by often so doing, it will not only repell the Matter, and consume the Pain, but produce a clearer Sight than usual.

Or, Take Juice of Fennel well clarify'd an ounce, Aloes two drams and a half, Leaf of beaten Gold, mix them well together; then add seven grains of Frankincense, and dissolve them in Whitewine: mix them all together with Fenel and Rose-water, and drop three or four drops of it into the Eye twice a Day.

Epe=Mater, another : Take two or three ounces of the fimple Water of Pimpernel, distill it in Balneo, and put it into a little Pot or Porringer of Rose-copper, and then put into it the quantity of a hazle Nut of strong Quick-lime; cover it, and let the Ingredients lie till the Liquor hath acquired a bluish Colour; very warily pour off the clear, and add to it as much live-Honey as will give it a little If you find it too strong, weaken it with Water of Pimpernel, or clear Springwater, and apply it to the Eyes, by bathing them with a linnen Rag dipt in it. This takes away Heat, Pains, fharp Rheums, Prickles and Inflammations of the Eyes.

Epe-Mater, another: Take Red Rose-water, and Water of Plantain, of each an ounce; Tutia prepared half a scruple, Lapis Lazuli prepared fix grains, Red Coral prepared five grains: mix and make them into a Collyrium, or Eye-Water. This dropt into the Eye, being first very well mixed by shaking, wonderfully revives and clears the Sight, provided there be no great foulness nor scrophulous disposition of the Body, or temperament of the Party,

It takes away the Redness from the Eye-lids, if a Sponge be dipt in it, and often wetted with it: it also takes off thin Skins very easily.

the Flowers of Corn-flower, Blue-bottles gathered with their Cups; bruise and insuse them in Snow-water twenty-

four hours at the least, then distill them in a moderate Sand-bath.

This Water being very Cooling, most effectually cures the Infirmities of the Eyes, especially those that are troubled with Inflammations. It Chears, Strengthens and Preserves the Sight.

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half a dram of choice Amber, powder it very fine, and take it fasting once a day in a quarter of a pint of Whitewine, for seven or eight days successively

Falling-fickness : Take Misleto of the Oak, the Leaves and Berries, and all the tender Branches; dry them in a gentle Oven or Stove, so that they may be beat to Powder: fift it very fine, and give as much as will lie on a Shilling, for one of riper years: for middle age a leffer quantity; and fo to a Child, by leffening the Dose. Let it be taken both Morning and Evening in Couslip-water, three Days before and three Days after the Full of the Moon : repeat the Dose for a considerable time, at least two Months, if necessity requires it.

Falling-fickness, another: Take Senna two ounces; Turbith, Mechoacan, of each half an ounce; Raspings of Elks-hoof, Powder of a dead Man's Skull, and Nutmeg, of each two drams; Roots and Seeds of Peony, Milleto of the Oak, of each half a dram; Cardamom, Cassia Lignea, and Cloves, of each a fram; Flowers of Male Peony, of Lilly of the Valleys, of Lavender, of the Tyle-tree, of each half a dram; Rhenish-wine one quart and half a pint : digeft these in a warm place for two Days, then strain out the liquid part, and sweeten it with three ounces of doublerefined Sugar. This is also good against Vapours.

falling-ficknels, another : Take white Incense, called Olibanum; Mastick and Spicknard, of each three ounces; Galbanum and Opopanax, of each half an ounce; Viscus Quercinus an ounce, Amber half a scruple, Peony-seeds half a dram, Labdanum two drams, the Seeds of wild Rue one dram, Nutmeg and Cubebs, of each half an ounce; Caftor and Copperas, of each half a dram: having beaten those that are to be beaten very well, and diffolved the Gums in Oil of Rue, incorporate them with your Hands, or some convenient Instrument, with the Viscus; which being done, and the Amber put in last in Powder, the Head of the Party being fhaven, spread a Plaister of the Composition, and lay upon it, and renew it once in three or four Days: And in fo doing, the afflicted Party will find great ease, and in a little time the Cause of this troublesome and dangerous Distemper removed.

fats to Prepare: To do this, that they may be in readiness on sundry emergent Occasions, Take the freshest of any of them, take out the little Veins and Fibers, and separate the Fat from the Skin, then wash it in clear Water till it is freed from Blood; then mince it very small, or bruise it, and put it into a double

Vessel to melt; then strain it into clean Water, and having remained there till it becomes cold, drain the Water from it, and keep it in an earthen glazed Pot in a cool place, though not too moist, and it will keep good for use a Twelvemonth.

fevers continual: Make a Decoction of the Leaves of Rue in Spring-water, or other clear Water till the Liquor be pretty strong of the Plant; which being strained, make it somewhat a pallatable Liquor, with a sufficient quantity of Licorice, Sugar, or an aromatick Body, and to half a pint of it add ten drops of the Spirit, not Oil, of Vitriol, and take it Morning, Afternoon, and at Night.

Febers, another Remedy: Take in half a pint of some convenient cooling Liquor, half an ounce of Harts-Horn burnt to a great whiteness, and powdered, being first bruised a little in the Liquid, and this may be taken as occa-

fion requires.

Febers, another Remedy: Apply to the Soles of the Feet a mixture, or thin Cataplasm, made of the Leaves of Tobacco, cut and beaten into a moisture with new Currans.

feverfem: This is excellent in the Diseases of the Womb; the Decoction of it forces the Courses, and expels

the

the After-birth, and do's all a bitter Herb is capable of doing. It is fuccessful in Fevers, by being applied to the Soles of the Feet. Take of it a handful, warm it between two Tiles, and apply it twice or thrice, and it cures a Hemicrania; and the crude Herb applied to the Crown of the Head, cures the Head ach. A Decoction of it, with the Flowers of Camomel, cures the hysterical Symptoms, and Child-Bed purgatiforces ons, oc.

fig-Tree: The Fruit of the Fig-Tree applied outward-Iy Ripens, Mollifies and Attracts; being beaten with Salt and Leaven, they break peflilential Buboes, or other Tumours, in few Days. The Juice of the Fig-Tree is very biting, and may be numbred among Causticks, and may be used for the Cure of Warts, and such-like excrescencies of

the Skin.

Take Raisins of the Sun stoned one ounce, Jubebs and Sebestens of each sifteen; eight fat Figgs, and six Dates, half an ounce of Licorice, and an ounce of French Barly; of the Leaves of Maidenhair, Hysop; Scabious and Colts-foot, of each a handful: boil them in three pints of Fountain-water, till a third part be consumed: press out the Decostion, and take eight spoonfuls three times a Day.

This is a very good Pecto-

ral.

figmost, its Virtues : The Powder of the dryed Root applied to Piles, drys them up; it is also useful in Cancers, and eating Ulcers; a dram of the Powder taken inwardly, expels Worms; the Water distilled from the Roots steeped in Water and Vinegar, cures the redness of the Face: and of this Herb an excellent Ointment is made for killing the Itch, and bringing away the Scurf of it : The Decoction of it taken inwardly, and the Herb bruised and Poultiswise applied, dissolves and brings away congealed and clotted Blood : The distilled Water takes away Freckles, Morphew, &c. There is a Plaister of it made for the King's-Evil, as fol-

Take the Leaves of Figwort, Houndstongue, and the Flowers of white Archangel and Foxglove, cut them very fmall, then melt a pound of Lard; and it being very hot, put them into it, boil them till they are crisp, then strain them out, and put in others, till the Ointment look very thick of the green : then having strained them out, put into the Hogs-Lard two ounces of Turpentine, and an ounce of Verdigrease, and as much Rosin refined, and Beeswax, as will make it into a Salve;

Salve; fpread a Plaister, and apply it to the grieved Part, renewing it often. It assuages the Swellings, disperses the Humours, not only of the King's-Evil, but of any other Knots, Kernels, Bunches, or Wens.

Mut is very pleasant, and used mostly for serving up at Tables among other Fruits; an Oil is extracted from them that supples hard Swellings, and is successfully used in old Sores; but the much eating of these breeds the Head-ach, and much Windiness in the Stomach.

films: This is when a thin Skin grows over the Eye, and clouds the Sight. take it off, Make some Limewater, by pouring a gallon of boiling Water on a pound of Lime unflack'd, ftirring the Lime in it, and after some Hours decant warily that which is clear, and to a pound of this Water, put an ounce of choice Verdigrease in powder, and in a very moderate Heat extract a Tincture of a fine, but somewhat dilute faphirine colour, but not too deep; decant this very warily, and let a drop of this, as often as necessity requires, fall into the Eye, the Party winking hard, and it will shrivel off the Film:

fir-Cree Has its Virtues,

and Turpentines, which in their proper Alphabets you may see: The Branches and Tops of this Tree are insused in Diet-Drinks, and given for the Scurvy with good Success.

fits = Apopletich: Fix a Cupping-glass without scarification to the Nape of the Neck, and one to each Shoulder, and let them take fast hold, till they begin to loosen, and they will draw down the afflicting Humour or Vapour from the Brain.

fits of the Mother: To remedy this, Dip Sea-Salt in Vinegar, and into it dip a foft Linnen-Rag, fold it three or four times double, lay it warm to the Soles of the Feet, and keep it on till the Fit be over.

flag, the fweet one : This grows in divers Parts of England, and is distinguished from others by its curious Scent. It is chiefly used in Obstructions of the Liver, Spleen, and Courses; also in the Colick it provokes Urin: And the Roots of it candied are of a pleasant Tast, nourishing and grateful to the Stomach, and keeps out evil Airs and Infections; and for this cause the Turks frequently chew it, and the Tartars boil it in their Water, or infuse the Roots of it in cold Water before they drink it.

flat: There is an Oil made of the Seed of this Plant that is very excellent in fundry Medicins, as also alone. It is taken inwardly in the Colick, Quinsié, Pleurisie, and Consumption; outwardly it mollisies hard Swellings, eases Pains, and is used much in Paintings, &c.

flar, or, Wild Dwarfflar: This Herb infused in Whitewine, after it has been bruised, for a whole Night over hot Embers, purges watry Humours very strongly: Take of this purging Flax an Handful, of fweet Fenelseeds two drams; boil them in a fufficient quantity of Springwater, adding to every fix ounces two ounces of Whitewine, and it makes a gentle purging potion, being taken two or three spoonfuls at a time.

flir of the Liber: Take Agrimony one handful, Squinant two handfuls, Spiknard and Liquorice, of each half a handful; Mace and Mastick, of each half an ounce; Lignum Aloes three drams, Bole-Armoniack, Lapis Hematitis, and Terra figillata, of each fix drams, Corianderfeeds prepared one ounce and half, Spodium two drams, dryed Rofes one ounce, Barly-Meal two ounces, the Filings of Iron prepared one dram, the Compound of the three kinds of Saunders, made with Camphire, half an ounce, Oil of Myrtle and Mastick, of each two drams: powder the Herbs, then mix with them the other things made into Powders, then add the Oils, and being set over a gentle Fire in a close Vessel till dissolved, stir them well to the thickness of a Plaister, and apply it very large on the right side of the Body, so that it may reach from the Breast unto the Stomach.

fliringen: A dram of the Seed of this taken in red Wine, or Syrup of Sloes, flays Loofneffes, and both the Seed and the Herb help in the Flux of the Belly, and the Bloody-Flux: It is used in Plaisfers for Wounds and fordid Ulcers; and some hold, that the Seed boiled in Vinegar, and drank warm, expels Gravel.

Florentine of Carps: Take a quarter of a peck of fine Flower, fweet Butter three quarters of a pound, and fix Yolks of Eggs; work these up in the Butter and Flower, and dry them; then put to it as much fair Water as will make it up into a Past: then take the Carp, scale it alive, and scrape off the slime, draw it, and take away the Guts and Gall, and fcotch it, feafon it lightly with Nutmeg, Pepper, and Salt, and lay it into the Past made up into a Pye, in the fashion, anear

as may be, of the Fish; put the Milt into the Belly, lay on sliced Dates in halves, Orange or Lemon sliced, Barberries, Raisins, and Butter; close it up, and bake it; and being almost baked, close it up and liquor it with Butter, Sugar, Verjuice, Claret, and Whitewine, and ice it over, and so ferve it up when it is hot, and it will prove a very acceptable Banquet.

flozentine of Eggs : To do this, Boil about eighteen Eggs hard, then mince them with two pound of Beef-Suet clean taken from the Skins and Fibers, till it be very fmall; then take a quarter of an ounce of Cloves and Mace, one large Nutmeg; let these be finely beaten or grated with a quarter of an ounce of Cinamon; then add half a pound of fine Sugar, and a pound and half of Currans, a quarter of a pound of Dates minced very small; then mince or bruife very fmall fome choice Lemon-peel, and laftly having mixed all the foregoing things well together, put about a quarter of a pint of Rose-water, and a little Salt in it.

the Materials, put them into the Oven; let it moderately bake, and then have in readiness this Leer to put to it when it comes out, viz. Heat a little fair Water, and beat up

half a pound of Butter with it to a thickness; add a quarter of a pound of Sugar, and the Juice of a Lemon. and so serve them up upon it.

flozentine with Partridge: Your Partridge being roafted and minced fmall with the weight of the Meat in Beef-Marrow, put to it two ounces of Orange-peel, with as much green Citron fmall minced; feafon the Meat with beaten Cloves. Nutmeg, Mace and Salt, and Sugar, mixing all together, put the Materials into a Puff-past, and open it, being baked, and put in half a grain of Musk or Ambergrease dissolved in the Juice of an Orange and Rose-water; stir them among the Meat, then cover it, and ferve it up.

Flozentine of Conques: Boil and Blanch a fresh Neats-Tongue, and being cold, cut it into little square bits as big as great Hazle-Nurs. lard it with fmall Lard, then having another Tongue raw, take off the Skin, mince it. with Beef-fuet, then lay one half of it in a Dish on a Sheet of white Paper, and lay on the Tongue, being finely larded and feafoned with Nutmeg, Pepper and Salt, and with the other minced Tongue put grated Bread to it, some fweet Herbs small minced, and Yolks of raw Eggs, and being made up into Balls as big

as finall Wash-balls, lay them on the Tongue with fome Barberries, Marrow, and interlarded Bacon and Butter. close it up with a convenient Lid, and bake it; and being baked, liquor it with Butter beaten up with Verjuice, and the Yolks of three or four

Eggs strained.

Flower of Rice Cream: To make a dainty Dish of this, Take half a pound of Rice, see it be well dusted and cleansed, then wash it and dry it in a moderate Heat, and when it is dry, rub it and beat it in a Mortar till the Flower be very fine : then take a pint of thick Cream, and the Whites of three or four new-lay'd Eggs, beat them well together with a little Rose-water, and set them on a foft Fire, boil it very thick, and fo put it into a Dish, and let it stand till it is cold; then slice it out, cast some Bisket on it, and serve it up.

flummery to Make: This in the Western Parts of England is made of Wheat-Flower, which is held to be the most heartning and strengthening: To make this, Take half a peck of Wheat-Bran, let it foak in cold Water three or four Days, then strain out the milky Water of it, and boil it to a Jelly; then feafon it with Sugar, Rose and Orangeflower-water, and let it stand

till it is cold and thickned again, then eat it with white. or Rhenish Wine, or Cream, or Milk, or Ale.

flur of the Belly: Take half an ounce of Mithridate, two ounces of fine Sugar, diffolve these over a gentle Fire in a pint of new Milk, and take it as a Clyfter.

flur-Bloody: Take Syrup of Sloes two ounces, the Powder of Acorns a quarter of an ounce, the Ashes of Ash-keys, or the Bark of the Root of an Ash-Tree two drams, Conferve of Roses a quarter of an ounce, disfolve them in a quarter of a pint of Claret or red Wine, and drink it fasting somewhat warm. Do this two or three times, and you shall find the Flux abate, and the Body restored to a livelinefs.

flur=Bloody, another : Take the Powder of Crepitus Lupi, or Fus-Balls, make it up with Conferve of Provence-roses, and take it often from a scruple at a time to about half a dram of the Powder, and it will ftop the efflux of Blood, and heal the Bowels.

flur, or, Loofnels: Take the Filings of Needle-makers Steel four ounces, put them into a glazed Pipkin and pour thereon a quart of the deepest red Wine; let it boil till about three parts of the Li-

quid

quid be confumed; stir it often, and strain it whilst it is hot; then take two spoonfuls of it in warm Broth or Ale in the Morning fasting, for three or four days successively. This likewise is good to stay the Bloody-slux, and remove the Cause.

flux of the Wilites: To remedy this, Take half an ounce of Ifing-glass, dissolve it over a gentle fire in a pint

of New-Milk.

frankincenfe: This grows chiefly in the Forest of Arabia, where they launce the Bark of the Trees, the better to let the Frankincense flow out, or elfe the Liquor where-This being of it is made. drank about a dram in a glass of Whitewine well digested, is very good against the Dysentery and Fluxes of the Belly, encreases the Memory, chases away Sadness, and cheareth the Heart. It stays the Bleeding at the Nose, being pow-der'd and incorporated with the White of an Egg and Aloes, and held to it, or put up the Nostrils tentwise. eafes the Pains and Megrims, being mixed with the Whites of Eggs and the Powder of Myrrh, and spread on a linnen Cloth, and applied to the Forehead and Temples.

frechies, to take away: Take four spoonfuls of Fumitory-water, a spoonful of the Oil of Tarrar, and the Gall of a Cock; mingle these together over a gentle fire, till they become a kind of Ointment, and with it anoint the places where the Freckles are, and let it dry on them: Then take a little Rye-meal, put it into Milk, and wash off the Ointment.

French way for Carps: To stew these Fish the French way, Put it in boiling Liquor. and take a good large Dish or Stew-pan that will contain the Carp, put it into as much Claret as will cover it; wash off the Blood, and take the Fish out, and put into the Wine in the Dish three or four flices of Onions, some large Blades of Mace and Pepper grossly beaten, with a little Salt: and when the Pan boils. put in the Carp, and cover it close; and being well stewed down, dish it with fine carved Sippets round about it: pour the Liquor it was boiled in on it, with the Spices, Onion, fliced Lemon, and Lemonpeel; run it over with beaten Butter, and garnish it with dry Bread.

French-Dor: Take good Mercury sublimate, Mithridate or Venice-Treacle, of each an ounce; mix them well, and insuse them into a quart of Spring-water; set them in Balneo to dissolve in a close Vessel; and of this Liquor well settled take about half a spoonful, or, if need

require



require it, a spoonful, but not above a spoonful and an half by any means; take it in a quarter of a pint of small Ale sasting in the Morning, and an ounce in the Asternon or Evening, the Stomach being as near as may be empty, intermitting every second Day, and taking, a gentle Purge.

Take the Juice of Burnet, Sage and Ground Ivy, of each half an ounce, sweeten it with half an ounce of Virgin-Honey, and give it to the Party so distemper'd or af-

flicted.

Fricalie of Chickens : The Chickens for this purpose must be cut in small pieces, and fry'd in Butter : then pour on them fome hor Broth, or boiling Water; put into it an Onion quartered and a little fhred Thyme' and Parsley, with Pepper and Salt enough to feafon them: the Lean of Bacon cut small. and a few Cloves; the Yolks of Eggs beaten fine, with the Broth or Whitewhine-Vinegar; keep it in motion till the Sauce be thickened, and then ferve it up. Note, If in this manner they be flewed too long, they will be Tough.

Fricatte of Dibgeons:
Take young Pidgeons, cut
off the Wings and Legs, and
quarter the Bodies; put them
into a Stew-pan, add to them

fome fat Bacon cut square in fmall pieces; as much whole Pepper and Salt as will feafon them, a few Cloves, a bundle of Parsley and Thyme, and an Onion quartered: then pour on so much fair Water as will nearly touch the top of the Pidgeons: when they are tender, put in a sufficient quantity of Butter; change the Parsley and Thyme for some more that is fresh; then take the Yolks of Eggs finely. beaten in a little of the Broth. White-wine and Verjuice lay them out in a Dish upon Sippers with the Broth; iqueeze an Orange over them, and ferve them up,

Fritters, the English way: Take a Pint of Canary, the like quantity of Ale, and a little Ale-Yest; the Yolks and Whites of nine Eggs beaten first very well by themselves, and then with the rest : add a pound of fine Flower, and little Ginger. Let the Butter stand a while, and then put in Apples thin fliced, and fry them with Beef-fuet clarified. or a little Butter: take them out, and stress them over with fine Sugar; then sprinkle them with Rose or Cinnamon-

water.

Or, Take a quart of Flower, three pints of Mutton-broth when cold; Nutmeg and Cinnamon of each a quarter of an ounce; beat them fine, as also a Race of Ginger, five

Eggs,

Eggs, and a little Salt, and strain the Materials; put to them some thin slices of Pippins, and fry them in as much Suet as will fuffice, ordering them as the former in ferving Some make the Batter of Eggs, Cream, Cloves, Mace, Saffron, Nutmeg, Barm, Ale and Salt. Others, of Flower. grated Bread, Mace, Ginger, Pepper, Salt, Barm, Saffron, Milk, Sack, or White-wine. Some again use Marrow perfumed with Musk and Rosewater, by being steeped in the latter with the flices of pleasant Pears or Quinces: Others again, with Raifins. Currans, Apples cut Dicefashion, and as small, in quarters or in halves. I leave the Reader to his Choice.

fritters, the Italian way:
Take a pound of Holland-Cheese or Parmisan, grate it into a pound of fine Flower, with as much fine Bisket-bread muskified and beaten to Powder; the Yolks of five Eggs, some Rose-water, Saffron, Sugar, Cloves, Mace, Cream; make of these well remper'd a stiff Paste, and rolling it into Balls as big as Wall-nuts, fry them with clarify'd Butter.

Or, Take a pound of Rice, boil it in a pint of Cream fomething thick; lay it abroad in a Dish, and when it is cold, bruise it in a Mortar with a pound of grated fat Old

Cheese, some Musk, and the Yolks of four or five Eggs boiled hard, a little Sugar and grated Manchet: then mix these well together, make them into a stiff Paste, and that Paste into small Balls. You may, for the greater variety, colour them with the Juice of Flowers or Sweetherbs, as Marrigolds, Violets, Carnations, Oc. And if the Paste be too tender, work more Bread and Flower, and fry them pretty well; and when you ferve them up, icrape on Sugar, and iprinkle them with the Juice of Oranges, or Orange-water.

Fritters of Spinnage: Boil the Leaves of Spinage in fair Water, yet but tenderly then drain the Liquor from it as much as may be, stamp it or mince it very fmall; add to it beaten Cinnamon, Ginger and Nutmeg, grated Man-chet, and the Whites and Yolks of Eggs, and as much Cream as will moisten it, yet the Batter must remain of an indifferent thickness; then put in some Currans that have been swelled in warm Water, mix them well together, and having a Kettle boiled with tried Suet or Lard, drop them into it by spoonfuls; and when they rife, take them our, for then they are e-

fritters of divers Forms: To make these, Take a quare

nough.

of fine Flower, ffrain it with fome Almond-milk, Saffron, Sugar White-wine; have then Moulds made of Tin, of various Forms, as Arms, Dolphins, Birds, Flowers, and the like; put the Batter into them, and place them in the Pan, covered with Suet or clarified Butter, and they will come out in fuch Forms as the Mould impresses on them, and look very pleafant, if orderly placed in a Dish.

fumitory : It purifies the Blood, and purges Choler, and is available in the Leprofie, Itch, and other Difeafes of the Skin : The distilled Water is used for Beautifying. It opens Obstructions of the Liver, and helps the Jaundice and Scurvy. The Juice or Water of it dropt into the Eye, helps Dimness of Sight: Being mixed with Venice-Treacle, it relists the Plague and Pestilential Fevers. An Ointment made of the Juice of it, sharp-pointed Dock, and Honey, is a speedy Cure for the Itch, Botches, Scurff, or any other Deformity in the Skin.

fundament-falling : Take a quarter of an ounce of the best Ginger, slice it very thin. put it into a little Pan, and hear it by clear and wellkindled Coals, and receive the Fume of it cast on by little and little in a kind of Clofestool, or some convenient Seat for that purpole, where the lower part of the Body may be well covered for about half a quarter of an hour at a

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Mimafre of Button : To do this, Take a Gigget of Mutton, or, if you please, the whole Leg; when it is ready dress'd, hash the one part as fmall as you can, and put it into a Dish with Onions minced small; and the other parts of your Mutton out inte

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bigger pieces, breaking likewife the Bones; fet it a frewing, and add Verjuice, Pepper, a handful of Capers, a quarter of a pint of Whitewine, some falt, and a little white Sugar; and when it is flewed, ferve it up on Sippets carved or plain.

All of boning to be

Ball Dbftruced : Take Gum Lac prepared, and of the Roots of Rhaponticum, of each three drams; Schenanth of Spike, Indian Nard, Mastick, Juice of Wormwood, Agrimony thickened. the Seeds of Smallage, Bishopsweed, Anifeeds, Fenil, Savin, bitter Almonds, Zedoary, the Roots of Madder, cleanfed Myrrh, Afarabacca, Bithwort, the round and long Gentian, Saffron, Cinnamon, dried Hyffop, the Roots of Cassia and Bdellium, of each a dram and an half; Ginger and Black Pepper, of each a dram: dry, bruise, and make them into a Powder, and take half a dram of it at a time in a Vehicle. It purifies the Blood, opens Obstructions of the Gall, Liver, Spleen and Bladder. It's good for the Dropfie and Jaundice, and is a great Dispeller of Wind. It likewise cleanses the Stomach, and drives ill Vapours from the Brain.

Gammon of Bacon: To dress this the neatest way, having water'd it, scrubb'd it with a Brush, and scraped the Rind, and dry'd it again with a Cloth, put it into a Kettle wherein it may have fufficient room: then take Sage, Marjoram, Fenel, Sprigs of Bays and Rolemary, and boil it till it is enough; then flit the Skin, and fo curioufly carve it, and flick the places of Scabious-water, one spoon-

fo stript with Cloves : Strew fome Pepper on it, and ferve it up with Mustard, Pepper. Vinegar, and the Herbs small minced, cut up in fine flices of what length you pleafe. but of a very indifferent thicknefs.

Bangreen : When the part afflicted with this Malady has been lightly scarified, apply, as hot as can be endured, a Cataplasm of strong Brandy and Crumbs of White Bread. thifting it three or four times a day, or as often as you find convenient; or, for want of this, take a boiled Turnip, math it with Hogs-lard, and

lay it to the place.

Bargariff to Cleanfe the Head: Take Marjoram, Galingale, Garraways, Ginger, Broad Plantain-feed, and Mustard-seed; beat them grossly together, and put two ounces of this Powder to a quart of Water, in a Vessel that may be close stopt: boil it in Balneo, and when it is well fodden, put a quart of Whitewine to it, and an ounce of clear Honey; and let it feeth again till about a pint of the Liquor be wasted, and then strain out the rest, and with it gargle the Mouth well every Morning, holding it hot also in your Mouth, that the Fumes may ascend up into the Head.

Bargie : Take fix ounces

full

full of Mustard, as much of Honey ; put these into half a quartern of Wine-Vinegar, and mix them all together in a marble or glass Mortar, till they become very liquid, and then gargle your Mouth with

Gargle for a Sore Throat : To make this, Take four ounces of Plantain-water, three or four spoonfuls of Red Rosewater, mix them very well with the White of an Egg beaten to Water; Iweeten this mixture with a small spoonfull of white Sugar-candy beaten into Powder, or, for want of that, Loaf-fugar; and letting it go a little down your Throat, gugle it up again. These will cool and allay the Heat, and take away the hot Humours that occafion them,

Barlick : This being frampt and infused in Vinegar, and drank, refifts the Plague, and is good to diffolve the Stone, and bring; away Gravel : and being made into a Syrup by boiling and fqueefing out the Juice; and adding as much Sugar as will bring it into a Syrup, it wonderfully preferves the Lungs, removes Congles and Colds, and kills Worms in the Belly and Stomach.

Garlick : It provokes the Courses, and Urine; and helps the Birings of Mad Dogs, and kills Worms in Children, and avoideth tough Phlegm, purging the Head, helping the Lethargy. It is a good Prefervative against the Plague; also cures Sores and Ulcers, takes away Spots, and Blemishes in the Skin, and eases Pains in the Teeth; breaks Imposthumes, and eases Pains in the Ears. It hath a special quality to discuss the Inconveniences coming by corrupt Airs, and Mineral Vapours, or by drinking unwholfom Waters or Liquors; as also by unadvisedly, taking Wolfbane, Henbane, or Hemlock, or other dangerous Herbs. It is held good in the Jaundice. Cramp, Convultions, Fallingfickness, the Piles or Hemorrhoids, and fuch like Diseases proceeding from Cold. But it has not its Vertues without its Vices; for it heats very vehemently; and all fuch hot Simples fend up ill Vapours to the Brain. In Cholerick Persons it will encrease the Choler: and in those that are troubled with Melancholy, it will attenuate the Humours, and cause strange Fancies and Visions in the Head : therefore let it be taken inwardly with great Moderation; but for outward Applications you need not be fo ffrict.

Biblets to Bake : Let them be well cleanfed and scalded, and feafon them well with other venomous Creatures: It Pepper, Salt and Nutmeg;

put them into a Pye, then put some Butter, flice an Onion or two, and close up the Coffin with a Lid; bake them well, and foak them three Hours: then pour in more Butter into which a Nutmeg

has been grated.

Biblets to Boil: Take the Giblets of a Goofe, or any other Fowl, scald them well. and boil them whole in Water and Salt; and two or three Blades of Mace, and fo ferve them on Sippers, finely carved, with beaten Butter, Lemons, scalded Gooseberries, scalded Grapes, Mace, Barberries, and Lemons fliced.

Willistomers to Candy: Take refined Sugar, or white Sugar-Candy, to the weight of your Flowers, fift it, and put to is some Rose-water, fet them over a Fire made of Charcoal, but not too hor; ftir these till they be a candied Syrup height, then keep them in a dry place, and use them as you find occasion: and if you use them for Sallads, put a little Wine-Vinegar to them to make the Syrup thin-

Billiflomers to Pick : Take Clove-Gilliflowers, when kuft blown, clip the white Bottoms from them, when taken out of the Husks, lay them to steep a little in fair Water, boil up some Whirewine-Vinegar till the foum will come no more on it: squeeze the

Water out of your Gilliflowers, and the Vinegar being cool, put them into it; then melt as much Sugar as is convenient in Rose-water; put it to them with a little broken Cinamon, and a few Blades of Mace; stop them up close, and when you use them. mince them fmall, and putting a little fresh Vinegar to them, ffrew a little white Sugar finely beaten, and they are an excellent Sauce for Mutton or Lamb

Clove-Gilliflomers: Thefe Flowers are of a fine temper, neither excessive in heat nor cold, nor dryness, nor moiflure, that can be perceived in them : They are great Brengthners of the Heart and Brain, and therefore ferve indifferently for Cephalicks or Gordials; good in Confumptions, and easie to Nature, helping it in many Emergencies. The Syrup and Conferve of thefe Flowers; are wonderfully fortifying against. pestilential Revers and Poisons, and may be taken with great fafety at any time by Young or Old, either by themfelves, or diffolyed, or mixed in any convenient Liquors.

Ginger : It is a Root belonging rather to a Herb or Plant, than a Tree; for it bears a Top like Reeds, and runs knotty in the Ground a great way, yet is of admirable use, viz. It helpeth Dige-

flion,

flion loofeneth the Belly. moderately is good for the Stomach; and profitable against all things that dim and hinder the Sight. It heateth much, though not at the first tafting, like Pepper, for which Gaufe fome will not allow to to confile of fubril parts though that may be attribute ted to its earthiness, as being a Root and known to be composed of gross and undigested Substance, tending much to watery! yet is of excellent life in Physick and Diet. at enit a lo provere mold

Ginger-Bread to Make: Take a pound of Jordan-Almonds, a penny white Loaf grated and fifted among the Almonds, when blanched, and finely bear them together; then add an ounce of Gingen finely feraped, Licorice and Anifords in Powder, each a quarter of an ounce, two or three speenfuls of Rofe-water, and make them all up in a Past with half a pound of Sugar, mould it and roul it thin, then print it and dry it in a Stove : And thus you may make Gingerbread of Sugar-plate, putting Sugar fufficient to it, that will keep all the Year round.

Clammin: That here intended, is that they call the Stinking firt. The Juice of it inuffed up the Noie, causes Sneezing, and purges the Head, Rheums, and offensive

Matter: the Powder of the Root drunk in Wine has the fame Effect, and gives eafe to the Cramp and Convultions of the Nerves . It mainly avails in the Pain of the Gont. or Science, and gives eafe to those that are afflicted with griping Pairis in their Bowels. as also in the Strangury. The Roots boiled in Wine and drank, effectually procure Womens Courses: but is dangerons to be taken by a Woman with Child left it caufe Abortion: half a dram of the Powder removes Obstru-Chions in the Ureters and Bladder, and immediately provokes Urin.

bleetings: Take four ounces of Spring-water, or rather Plantane water, diffolve it in about one foruple of Sympathetick-Powder, or fo much as will give it a fenfible, but yet a faint Vitriol, like Tincture, inject as much as is usual, through a small Sytup every Morning and Evening, as long as need requires.

blobes to Perfume lightly: Rub over your Gloves
with Gleer of Eggs and Benjamin-water, very thin and
fine, wherein a grain of
Musk, Ambergreafe, or any
other firong Perfume has been
infused, and it will take and
hold the Scent a long time:
You may, as you like for
change and alteration of Scent,

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rub them over with a fine Puff of Silk dipt in Gessimine, Orange-flower Butter, Essence

of Roses, Oc.

Goaths: This Plant is cooling and mollifying by Nature. The fresh Leaves applied to the Breafts of Women in Child-bed, leffen their Milk; the Seeds are accounted among the four great cold Seeds, for red fiery Face or often Flushings of the Face. Take the Seeds of Goards two ounces, the Kernels of Peach-stones four ounces, make an Oil of them by Expression, and anoint the Face often, and the rednefs will decrease, and in the end vanish.

Goatsbeard : This Plant is reckoned delicious in Food. being often eaten raw in Sallads: It's a great Nourisher, and therefore good for Consumprive People: It is used for the Cough, and in Difeafes of the Breaft, and difficulty of Breathing. It is held good to expel the Stone, and provoke Urine : The Juice of the Root of it, and the distilled Water have the same Effect. as the Juice or Concoction of the Herb.

Coars-251000 Prepared : Take the Blood of a middleaged Goat, receive it into an earthen Veffel, and having covered it with a Cloath, fer it in the Sun that it may coa-

watery part, and dry the thicker part, fo that it may be reduced into a Powder: mix it with the Juice of Nettles and Afh-leaves to flay Bleeding, or being taken a dram of it in a glass of the Decoction of Licorice in Whitewine, it much comforteth the Heart and Lungs. It is also prepared for divers other Uses too redious here to mention. but will occur in the various Medicins fcattered over this Work.

Golden Bon is excellent for Wounds inwardly or outwardly applied, two drams of the Powder heated in Whitewine, and taken every Morming, removes the Obstructions of the Bowels, stops Fluxes of the Womb or Belly, and inward Bleeding.

Congrhea : To remedy this. Take two ounces of rice Laurel-Berries, and infuse them for a Day in a quart of Whitewine, and let the Patient drink about two or three spoonfuls twice a Day for a good while, and then intermit a Day, and fo a third, that some gentle purging Medicine may be taken.

Conorrhea, another : Take choice Mastick a sufficient quantity, beat it and fearce it well, then put about half an ounce of it at a time in the Yolk of a new-lay'd Egg, washing it down with Ale or gulate: then drain of the Beer, but not too much; or

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else take this, viz. Choice Amber and Mastick both reduced to very fine Powder, and very well mixed in equal parts, and of this Mixture give half a dram at a time in Chocolate, or Tea, &c. and if need require it, continue it for three Weeks, or a Month, purging the Daybefore you begin to take it, and once every Week afterward, especially when you leave off the use of the Powder.

this, Take Mastick and the finest red Coral, of each an equal quantity, let them be separately reduced into a Powder very fine, and being well mixed, take about thirty or forty grains for one Dose in

a glass of Whitewine. Conorthæa, another: To make Tablets for the stopping it, Take Seeds of Plantane, Agnus Castus, white Poppies Rue, red Roses dried, Mint and Coral prepared, of each two drams; reduce them into a Powder as fine as may be, and make it into Tablets with Mucilage of Gum Tragacanth, and fine beaten Sugar, of each eight ounces; make your Tablets half an ounce in weight, and take one of them in a Morning fasting: They are very proper to stop the Gonorrhan after the general Remedies taken.

Goole Boil'd: Put it into a Pipkin, or other Vessel fit for it, boil it with strong Broth, or fair Spring-water. and fcum it clean, then add three or four fliced Onions. some Currans, Mace, Raisins. Pepper, and a bundle of Sweet-Herbs, grated Bread, Whitewine, and two or three Cloves: and when it is boiled enough, flash it on the Breast, and dish it up on fine carved Sippets; and lay on a few flices of Lemon and Lemonpeel, Barberries, or Grapes. and run it over with beaten Butter, Sugar, or Ginger, and trim the Dish sides with. grated Bread, or beaten Ginger: And this way you may dress and serve up any large Water-Fowl, as Swans, Ducks. Teal, Whoopers, &c.

Goole Did, to Boil tender : Take the Goose .. being powdered, and fill her Belly with Oatmeal, being first steeped in warm Milk or Water, then flash the Breast, and put her into a Pipkin with her Breast downward, put in them two or three flices of Onion, and Carrots cut like Lard, some Butter, Mace, Pepper, and Salt, Savory, Thyme, strong Broth, and a little Whitewine; let the Broth be half confumed, and flew it very foftly, being well stewed, dish it up on Sippits, and pour on the Broth, &c. or you may boil her this way, viz. Put her into a Pipkin, as before; put to

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the Oatmeal you stuff her withal some Beef-suet, minced Onions and Apples, season'd with Cloves, Mace,
Sweet-Herbs finely shred, and
also beaten Pepper; fasten
the Neck and Vent by tying
a string hard; and serve it
up on Brewis, with Colliflowers, Cabbage, Turnips
and Barberries, and run 'em
over with beaten Butter, and
it will be very delicate and
tender.

Consederries: These being boiled in Broth, before they are ripe, are very agreeable to the Stomach, and are Cooling in Fevers. They stop the Flux of the Belly, and cause a good Appetite. They cure the Whites and They are ap-Gonorrhœa. plied outwardly with good fuccess for St. Anthony's-Fire, and Inflammations; but if before they are ripe they be eaten raw, especially to any excefs, they cause griping Pains and Slime in the Bowels.

dle your Berries green, and boil them up with Sugar as for a Preserve; then put them into the Cream strained, while the Berries are whole; then scrape Sugar over them, and so serve them up in boil'd or raw Cream. And in this manner you may use Strawberries, Raspberries, or Red Currans whole, in 1 aw

Cream; or ferve them up with Wine, Sugar and Rofewater, without Cream

Cooleberries, to Preferve Take of the largest Berries when they are green and hard; of those, if you can get them. that are called Gascoign Berries: pick them clean, and: covering them very close, let them stand over a gentle fire half an hour, to coddle a little : but fuffer them not to boil, left the Skins break; and when you perceive a fixed greenness on them, put them into a Sieve. that the Water may drain from them : then put them into as much clarified Sugar as will cover them and fimper leifarely, being close covered. by which means they will look greener than they grew; and having suffered them to stand on the fire in the Syrup, take them off; and being cool, put them up for your ule. Now as for Preferring the various forts of Green Fruits, there are feveral proper Seafons to be observed :

Green Gooseberries about Whitsontide; White Wheat-plumbs in the midst of July; Pear-plumbs in the midst of August; the Peach and Pippin about Bartholomew-tide; Grapes in the beginning of September. Note, That when your Green-Fruit is to be Preserved, you have two Skil-

lets of boiling Water, to shift em into one as the other cools, and settle them in the Water till they for to a greenness; then take and put them into a Sugar Syrup, and let them boil gently about a quarter of an hour, and so put them up for use.

Pick the Berries clean from the Stalks and Buds, lay them in foak in Salt and Water all night; then put them into the Juice of Crab-cherries, Grape-verjuice or other Verjuice, and so barrel them up. In this manner you may Pickle green Grapes and Plumbs.

Goofeberry-Mine, the best way : Take the ripe Berries, and put them into a Veffel, and pour upon them a fufficient quantity of Water very hod; and then covering the Vessel very close, let them fland till the Liquor is impregnated with the Juice, at least three or four Weeks; then draw it out, mix it well, and ferment it with fine Sugar; putting it up in Bottles close cork'd, it will become a generous Wine: A little of it is good in Fevers, and other hot Difeases; or it may be deank for Pleasure, as ordinary Wine.

A Decoction of the Leaves of Goofeberries cools and allays hot Swellings and Inflammations; and when they first begin to budd, being beaten and infused in White-wine, they much help in expelling the Stone; and being eaten with cooling Herbs as Sallads, they allay the excessive Heat of the Liver and Stomach.

Gout : Take the Roots of Red Dock and Burdock; bruife them, and put to 'em a little Spirit of Wine; let'em fland twenty four hours; then press out the liquid part very hard, and put to it a little Oil of Turpentine and Olive-Oil, and ftop these up close in a Glass for your use; and when you are to use them. pour out a little into a Saucer. warm it over a Chafing-diffi of warm Coals, and dipping a thick limen Cloth in it. wrap it hard and close about the part grieved; and in fo doing twice or thrice, the Pain will entirely ceafe.

Gout, to Check it: Take three ounces of Sarsaparilla sliced and cut thin; to these add an equal weight of Raisins of the Sun rubb'd very clean, but not broken: put both these into three quarts of strong Water, and let them stand on a moderate heat, that the siquid part may simper for several hours; and being closely bottl'd up, take a quarter of a pint when the Pain comes upon you, and it will ease it.

mations; and when they first bout, a Plaister: Take begin to budd, being beaten Paracelsus and Diapalma, of

each a quarter of an ounce; mele and incorporate them well together, and foread it Plaister-wise upon Leather; then anoint the part grieved with the Ointment of Tabacco and Oil of Turpentine; and so laying on the Plaister, the Pain in a little time will cease.

Gout, to Remove : Take highly rectified Spirits of Man's Urine, warm it a little over a gentle fire, and rub it in on the part afflicted with a wdollen Cloth, and in a little time the Pain will remove,

and at last vanish.

Goot, Running . Take Earth-worms well cleanfed in Moss and fill an earthen glazed Pot well litted and covered; fet it with them in a gentle Oven, and let it stand there till the Oven becomes cold : then take out the Por, and remove the Cover, and you will find a groß Liquor : strain this, and keep it stopt for your use, rubbing the part grieved with it, very warm, once or twice a day: And if the Smell be offensive, you may put in a few drops of the Oil of Rhodium, or any other odoriferous Unguent to correct it.

Bout-Wort: This is fo called from the excellent Advantage it brings to those that are afflicted with the Pain of the Gout, or Sciatica in the Joints, if the Juice or

Herb be applied Poultis-wife Some hold, it will allay thefe Pains, by being carry'd about the Party afflicted there-

with.

Ezapes: The fweet ones are of a more hot fubstance. and therefore cause Thirst. and loofen the Belly; but the fowre offes are binding? and of hard digestion. The Juice of the ripe Grape applied to Burns or Scalds, eases the Pain. The Mother of the Wine or Grapes being kept, is profitable against Inflammations of the Breafts, and Hardness of them through. too much abundance of Milk. The Decoction of it in Clysters is good for Dysenteries or Fluxes: The Stones or Seeds have a restringent vertue, and are profitable for the Stomach; and being parched. and beat to Powder, and drank in Whitewine, are very good against the Flux, as also the Weakness of the Stomach. Dried Grapes and Raisins have yet a greater vertue and property in Physick, and more-especially those that are fweetest, and of most substance, as they of Damascus, Gyprus, and Candia. They are good for Coughs, Sore Throats. Pains in the Reins and Bladder, if you eat the Stones with them. boiled with Sugar, and the Flower of Barley, and an Egg, they purge the Brain:

Being

Being reduced into a Plaister with Flower of Beans and Gummin-seed, they allay Inflammations. The fat Raisins nourish more than the sharp and lean ones. Those that are stoned are Lenitive, and therefore very helping in Pains of the Breast, Coughs, Sore Throats, Pains of the Bladder or Reins, and the Obstruction in the Liver.

Crapes to Preserve: Take the Grapes when green, stone them, and break the little bunches of the stalk of the great ones; then take their weight in resmed Sugar sinely beaten, and strew a row of Sugar in your Preservingpan, and a lay of Grapes upon it; then strew some more Sugar on them; then put in four or sive spoonfuls of fair Water, and boil them up as fast as may be.

Brapes and Wine, their Virtues : Very admirable are the Virtues of the Vine, and the Fruit thereof; I had almost faid, above all other Plants: For the Leaves and tender Branches being bruifed and laid to the Head, by their Cooling quality, eafe the Pains of the Head, occasion'd by Heat, also the Inflammations or Heat of the Stomach. being applied to it: And the Juice drank in Borrage-water, helps the Dysentery, Fluxes or Spitting of Blood, Weakness of Stomach, and bad Ap-

petite, especially of Women Great with Child. The Water which flows from the Vine, when it is cut, or bleeds (as some term it) being drank in White wine, purgeth the Gravel. The Ashes of the Branches of the Vine, and Stones of Grapes, mixed with Vinegar, help Costiveness. It's good against the Stingings and Bitings of venomous Creatures; and if mixed with Oil of Roles. Rue, and Vinegar, and laid Plaister-wise, it helpeth the Inflammation of the Spleen.

Bravel: If you be troubled with the Gravel in the Reins, Kidneys or Bladder, Take Daneus-feeds and Burddock-feeds, of each an ounce; mix them together, and put one ounce of the Mixture into a gallon of small Ale sand when that has steep'd a while, and is drank up, put the other ounce into another gallon, and so continue it as a Drink.

Grabs-claws one ounce, and beat them into Powder; Fenel-feed powder'd half an ounce, Powder of Nuemegs four drams, double-refined Sugar two ounces; these being mixed and finely stuff'd, take as much at a time as will lie on a shilling, in a glass of White-wine in a Morning, fasting; or it may be taken in Ale or Beer.

Grabel,

Gravel, another: Take a quart of Water that is ready to boil, put into it half a handful of Scabious, and half as much Sage; let it boil pretty well, and drink it in the nature of Tea with Sugar, and the Juice of a Lemon

iqueezed into it.

Grabel, to Remove: Take a quart of White or Rhenish-Wine, boil it well to the confumption of a third part; then put in an ounce of the Juice of White Lily roots, Juice of Housleek, and Syrup of Citron; mix them well together over a gentle fire, and let the Party drink a quarter of a pint at a time blood-warm; and fo doing four or five times, it will force the Gravel before it, and cause it to void through the neck of the Bladder.

babel, to Expell: Kill a black Hen or Gock, if it be to be had; if not, one of another Colour may lerve; take out the thick Membrane or Skin that lines the Gizard, wipe it clean, and dry it cautiously so as it may be beat to Powder: with this Powder mix an equal part or half so much red Coral calcined, and take thirty or forty grains of it at a time in Whire-wine, or some other such kind of

acid Wine.

Take two large Red Onions, and a White Lily-root, bruile

them in a Mortar; squeeze the Juice of them into Whitewine, and drink it in the Morning fasting, sweetned with a little Honey: This gives Ease presently; and continuing it, it removes the Cause.

Breen Dintment: Take new Butter, boiled and purified, four Pound; Burgundy-Pitch, and Rosin, of each a pound; Yellow Bees-wax four ounces; melt them, and make an Ointment of them over a gentle fire, adding an ounce of Verdigriese in Powder, to make it of a deep green Colour, and so keep it stirring till the Ointment be cold.

This is a wonderful Cleanfer and Healer of all forts of
Wounds and Ulcers; it gives
Ease to Pains, and allays
Burnings and Heats in the
Wounds, or any Inflammations. It's greatly in request
for Burns and Scalds, especially if mixed with Oil of
Roses and Snow-water, and
applied on a linnen Cloth to
the place grieved.

Blades of Green Wheat, Sorrel, Parsley and Spinage; stamp them in a wooden Mortar or Bowl, with some Vinegar and fine White Sugar, and serve it up in Saucers, somewhat thinnish, with a Leg of Veal boiled, or a

Calf's Head.

Green,

Green, or Winter=Green : This mainly conduces to the healing of green Wounds; the green Leaves bruifed, or the Juice applied. A Salve of the green Herb stamped, or the Juice boiled with Beeswax, Hogs-lard, Salla t-oil, and Turpentine, is highly preferred for the Cure of all manner of Wounds or Sores. The Herb boiled in Wine or Water, and given to fuch as are troubled with any inward Ulcers of the Kidneys or Neck of the Bladder, mainly relieves them. It flays the Fluxes. It is good in Inflammations rifing upon Pains of the Heart; also in Cankers or Fistula's. And the distilled Water may be carried along with you, or kept by you for the above-faid uses.

Wormwood, of each a dram; mingle them well with two drams of Camomel, and anoint therewith the Party's Navel, and Pit of the Stomach; and by often fo doing, the Pain

will cease.

brounft: This indeed is very common, which renders its Virtues less esteem'd, though they are very rare; for the Seeds cleanse the Reins, help much to break and expel the Stone, and provoke Urine; two drams of it taken in a glass of White-wine, in Powder, three

three or four times a day, fome fay, facilitate the Birth, if it be taken by the travailing Woman in a little Breaft-

Milk.

Ground-Bine : This is excellent to ftrengthen the Nerves; and to open the Parts: it also provokes the Courses, expells the dead Child in the VVomb, and the After-birth; but not fafe to be taken by VVomen during their going with Child; because it works so powerfully, that it endangers Miscarriage. If it be boiled in Whire-wine, or powder'd, and made into fmall Pills with Hermodactyls and Venice-Turpentine, it is given in Dropfies: and outwardly applied, it cures UIcers, by cleanfing and filling them with good Flesh.

Take of this and VVormwood, of each two hand-fuls; Scurvygrass five times as much, Sage of the Mountain fix handfuls, fliced Oranges fix; make a Paste of Barley-meal and Rye an equal quantity; make it into the fashion of a Pye, and bake thefe in it small shred; then take them out and fared them with the Crust over again, and fo put all into a Bag, hanging it in about five gallons of Ale, not too ffrong nor too fmall, about fix days, and then drink it twice or thrice a day, about half a pint at a time. This has been

proved

proved for the Scurvy, and afflicting Pains of the Gout.

Guajacum: This for its fingular Virtues is called Holy-wood: The Decoction of it well managed, and taken in time, is a certain Remedy for the French Disease. It is good in Dropsies, for Ashma's, Falling-Sickness, and Diseases of the Bladder and Reins, Pains in the Joints proceeding from cold Tumours and Wind. It grows in the West-Indies, and there the Spaniards learned the Use of it from the Natives.

The way to prepare the Decoction of this Wood is in this manner: Take twelve ounces of the Wood cut small, of the Bark of it beaten two ounces, infuse it in fix pints of Water, in a large earthen Pot, the space of twenty four Hours, keeping the Pot close stopped, and boil it with a gentle Fire to the Confirmption of two quarts; and when it is cold, strain it: then put to the same Wood a gallon of fresh Water, boil it to a quart, and keep these two Waters apart for use.

a handful of red Sage, boil it in Whitewine, add an ounce of the Powder of Burnt-Alom, and wash your Mouth frequently with this Water: It is also good against the Scurvy. It likewise fastens the Teeth, and keeps them

from rotting; it gives them a Whiteness, and eases the Tooth-ach.

Gum of Cedar, its Virtues : An Oil extracted from this Gum is hot in the fourth degree; wherefore it doth. without pain, rot foft and delicate Flesh; but in hard Bodies it operateth with more time and difficulty. It dryeth dead Bodies, and preserveth them from Putrefaction, by confuming the fuperfluous Humour, without touching the found Parts: but in living Bodies the Heat in them augment the force of the Gil which causes it to burn the tender Flesh. It is excellent to kill Nits, Lice, or any Infect crept into the Ear, and good in cold Diftempers to anoint the Joints and Limbs. withal being much available in the Pains of the Gout, if mollified with Oil of Camomil. or fuch-like fupling Oils.

Gum Plaitter of Diachylon: Take Bdellium, Sagapenum Amoniacum, of each two ounces: dislove 'em in Wine, and strain 'em; boil them to the consistence of Honey and Great Diachylon.

This being applied, diffolves, digefts, and ripens hard Swellings, and is for those Purposes very excellent, if not the best of Plaisters.

Gums Scozbutich: Take Bole Armoniack the best, two drams: drams; choice Myrrh (not Lucid) one dram, Roch-Alom crude half a dram, Claret one pint; boil them over a gentle Fire, frain out the Liquid part, and put a fpoonful in your Mouth twice or thrice

a Dav.

Gums to Strengthen : Take Taponian Earth, and in a pint of Claret, or Red Wine, diffolve as much as you can of it; then decant the Liquor warily from the subsiding Faces, and with it, when well fettled, wash your Mouth Morning and Evening, and it will not only fasten the Teeth, but renew the Gums where they are decayed or wasted.

Gun-Bowder to Remove: If any spots of Gun-powder, or Shot flick in the Face, or other Parts of the Body, you may remove either of them: by taking fresh Cow-dung, warming it, and putting to it a little Hogs-Lard, and apply-

ing it Poultifwife.

Guts Guping : Take abour a quarter of a pint of

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Brandy, and having made a Toast of Bread, not too fine and white, throw it very hot into the Brandy, and as foon as 'tis thorowly drenched; take it out and eat it hot : this being repeated two or three times, the Pain will cease. Or use this. Wir.

Take a handful of wild Camomil, wash it, and feeth it in a quart of new Ale; add an ounce of Licorice, and half an ounce of Ani-feeds: fweeten it with brown Sugarcandy, and drink it very hot.

Guts-Gziping, or, Colick : Take half a pint of good old Hock, and boil it. and put therein a lump of Loaf-Sugar; drink it hot go-

ing to Bed.

Guts-Griping, or. Colick. another: Take Sage and Mint. boil them in a fit proportion of Claret-wine; then ftrain it, and fweeten it with a little Sugar, and drink it warm.

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Aberdine-19 ye: The Fish being boiled, take it from the Skin and Bones, and mince it with fome Pippins cored, feason it with Nurmegs, Ginger, Cinnamon, Pepper, and Caraway-feeds, Rofe-water, Raifins, and Currans, Sugar, fliced Dates, seraped Lemonpeel, Butter beaten up with Verjuice and Whitewine ; and when these are so ordered, fill up a Pye with them, and being baked, ice it with Sugar diffolved in Rose-water.

Hair to Fasten: If the Hair be subject to fall off, Take half a pint of Ox-Urin newly made; boil in it Sage and Rosemary-flowers, of each a quarter of an ounce; then strain out the Liquid part, and anoint the Roots of your Hair with it, and a pretty while after, wash it over with Water wherein Bran and a little Alom have been boiled.

bait to make Grow: Take of the Leaves of Radishes; boil them in Water with as much more of the Roots of Dog-Fennel, and being well boiled, frain and press them out, and with the Decofion

often wash the place where the Hair is fallen off, and it will grow again.

Take of the best Honey three spoonful; a handful of Vine-sprigs that twist like Wyre, beat them well, and strain their Juice into the Honey; temper them a little over a gentle Fire, and lay it on the Place where the Hair is come off.

Dair to make grow Thick, another: Take three ounces of Honey, and a handful of the Tendrils of a Vine; bruile the latter with the former, and having heated them over a gentle Fire till the Honey is melted, anoint the Place where the Hair is defective, or grows thin, and it will, in often so ordering, sprout up, and become very thick and curling.

Bair to take away: To do this, Bear the Shells of a great many Eggs, very small, and put them into a Still with a quick Fire, and there will come forth a curious Water, with which anoint the Place where superfluity of Hair grows: This being done, take the hard Dung of a He-Cat, dry it, and powder it?

then make a Plaister with strong Vinegar, and put it to

the Place.

Bands to Beautifie : Take of the Oil of Myrrh half an ounce, the Marrow of Hogs, or Calves-Feet, two ounces; of the Water of Tartar, an ounce; the Oil of Spiknard half an ounce: mix and diffolve them well over a gentle Fire, and allay their Heat with two ounces of the Oil of fweet Almonds: then strain it, put it into Boxes, anoint the Hands and Face with it, and it will not only take, away Spots or other Deformity, but create a lovely charming Complexion.

Bare Boiled the French way: Take a large Piece of Beef that has a Marrow-Bone in it, as also a piece of Bacon, and your Hare; feafon it with a little Salt, and when the Hare is almost boiled, take it up and bruife some Pease, and fet them a boiling in the Broth wherein the Hare was boiled; then take all the Bones out of your Beef, and put the Hare again into the Peafe, and the Peate being boiled enough, take them up and strain them through a thin Gloath, and put the Pulp a boiling in a Pot by themfelves: then dish up the Hare, and fmother it by covering e over with the Pulp of the Peale, and it eats very excellently, In this manner

they order a Capon or Tur-

key.

Dare to Dress the French way: Take a Hare cased and washed from the Blood, as also some fresh Pork, or Veal, cut in handsom pieces of about three Fingers thickness : put it into an earthen Por, or Pipkin, with Onions fryed with Hog's-Lard; then put to the Hare and Pork some Beef-Broth, as much as will half cover it, fo fet it a flewing on a gentle Fire, renewing it by degrees: then take Bread well toasted, and the Livers of fix Fowl parboiled. put them to steep in some of the Broth, then add Cinnamon, Ginger, Long-pepper, Nutmegs, Cloves, and Salt. finely bruised, but not to Powder, of each two drams: then with a little Vinegar and Claret-wine, strain it into the Pot where your Hare, Pork. or Veal is, and let them flew together till they are enough: then withdraw them, and fo dish them up at your pleafure.

Date Hashed: Case it, draw it, and cut it in moderate Pieces, wash the Pieces in Claret and Water very clean, strain the Liquor, and parboil the Parts; then take and slice them, and put them into a Dish with the Legs, Head, Wings, or Shoulders whole; cut the Chine into many Parts, then put in two or three sliced Onions.

Onions, and some of the Liquor wherein it was parboiled, flew it between the Diffies over a gentle Fire, covering it close till it be tender; and put to it some beaten Pepper, Mace and Nutmeg, serve it on fine carved Sippets, running it over with beaten Butter and Marrow, garnishing with Lemons and Barberries.

Bare, or Leveret-Ppe : Most are of Opinion, that these are best baked with their Bones, though fome, more nice than wife, will bone them; however, being baked with the Bones, let the Bones be broke, and the Hare well larded, feafon it with Salt, Pepper, Cloves, Nutmegs, and Bay-leaves, put it into either white or brown Past at your discretion, and with it a fufficient quantity of Lard beaten, that it may as well conveniently lye under it as above; and being baked, stop the Funnel of the Pye, after having poured in some melted Butter, and fet it in a dry Place to cool; and being cold, ferve it up; but observe, if you will bone your Hare, to leave the Flesh as whole as may be, and larding it with great Lard, feafon it as directed.

pare to Roast with her Skin: When it is imboweled. dry the infide with a clean-Cloath, make a farcing or

stuffing of all manner of sweet Herbs, as sweet Marjoram, Savory, Thyme, Parfly, &c. shred very small and rowl'd up in Butter; and being almost roasted, sley off the Skin: bread it with fine grated Manchet, Flower and Cinamon very thick, and fo froth it up, and dish it on Sauce made of grated Bread, Claret, Wine-Vinegar, Barberries, Sugar, Cinamon and Ginger; and garnish the Dish with Shalots, Lemon and Parfly.

Bate, another way : Put the Hare on the Spit or Gridiron, when it is hot through, cut it into quarters, and put it into hot Hog's-Lard in a Frying-pan; then fleep toafted Bread in Beef-Broth and Whitewine, strain it through a Strainer with beaten Ginger and Cloves, add then some Verjuice, so that your Composition may appear blackish, but not too thick nor binding : and so with Butter, Mustard. Sugar, and Juice of Lemon well beaten, ferve up this-Dish, garnishing it with flices of Lemons and Greens: in the fame manner you may dress Rabbits, but especially old Coneys.

Haricote of Mutton: Take a Shoulder of Mutton, or the bloody end of it, with the Head, Neck and Breaft, and cut it into finall Pieces. and fry it in a Frying-pan

with tried Suet. Hog's-Lard, and fome finall fhred Onions: this done, put it in a Stew-pan with Beef-Broth, and let it flew and boil with Parfly, Hysfop, and Sage shred small, and serve it up with Sippirs, garnished with slices of Lemon, and green Parsly.

Barts-Bozn Burnt: Take of Harts-Horn, as much as you think convenient, put it into a Crucible, and so put it into the Fire, till it becomes black, and continue it till it grows white, powder it, and make it into Troches with Role-water, and so keep it for use. In this manner you may reduce Ivory or Bone

into a fine Powder.

Barts-Tongue: The Decoction of it in Whitewine, is excellent for the Swelling of the Spleen, Flux of the Belly, and Spitting of Blood. If outwardly applied, it cleanfeth Wounds and Ulcers. The Powder of it is of excellent use in the Palpitations of the Heart, for Fits of the Mother, and Convultions being taken in Small-beer, and Posser-drink. A Conserve made of the green Leaves of it, is to the same Effect.

boil about three quarts of Oysters in their Liquor, mince about two quarts of them sinall, and few them with half a pint of Whitewine an Onion cut in Quarters,

four large Blades of Mace and a grated Nutmey, fliced Chefnuts, some Pistaches, and a quarter of a pint of White-wine-Vinegar, a pound of fresh Butter, Pepper, Salt, and a bundle of sweet Herbs, stew them well on a fost Fire, and fry the remaining Oysters seasoned with Pepper, Salt and Nutmey, in a Batter made of fine Flower, Eggs, and Cream; green it with the Juice of Spinnage, and serve them together with Lemon-Juice, and a Garnish of sliced Orange and Olives.

halh of Scotch Collops : Cut a Leg of Veal in thin flices, beat them, with a Rolling-pin, and fry them with fine flices of interlarded Bacon, add fweet Butter, and being well fried, dish them up, put from them the Butter you fried them with, and put beaten Butter, with Lemon, Gravy, and the Juice of Oranges. Mutton may be hafhed the fame way, only leave out the flices of Bacon: or if you would do them the French way, parboil your Meat, then take it up and pare off some thin flices on the upper and under fide, and round it; prick it through, and let out the Gravy on the flices, then shred and bruife fome Thyme. Marjoram, Parfly, and Savo ry, and put to them fweet Butter and Verfuice, with fome beaten Pepper; and when the Mear is boiled or flewed, pour all, the Herbs, Slices and Broth into the Diffi, and serve it up garnish'd with Parsley and Barberries.

Daff'o ateniton, the Dutch way: Cut a Haunch of Venison into Collops, fry it with Sweet-Butter and Oyfters, adding a little Gravy or ftrong Broth : then having your Stew-pan impering with forme Broth or Gravy, put it in with the Oysters, and fuffer it to flew about half an hour; and then strip in some Thyme and Winter-lavoury, with a Blade or two of Mace, and fome whole Cloves and Pepper : then make Anchovy-Sauce. and with the Gravy serve it up, garnish d with Lemon-peel, and Shalors peeled and flit in halves, and some few heaps of grated Marichet mix'd with Cinamon and Pepper. This is very favoury Meat.

them out of a Leg or Gigget of Veal as thin as possible may be, and beat them with the back-side of a Knife or Rouling-pin: then take fat Bacon or Lard, and Beef-suer and sweet Herbs, mincing them very small, and mingling them together, season them with small beaten Spice and sine Salt; and having made them up round like an Orange, or Balls of Venison, stew them, and serve them up whole in good Broth; garnish'd with

Oranges, and put Tome Ver-

Dead-ath: Take green Hemlock that is tender; pur it in the Socks of your Shoes, that it may ke thinly between them and the Soles of your Feet, and shift it once a day for that which is fresh.

Dead-ach, another way: Take Bettony-water two ounces: Red Rose leaves as much, VVheat-flower two ounces; Oil of Roses and Housseek, an ounce of each; boil these in a pint of VVine-Vinegar till they come to a thickness, then spread them on a linnen cloth, applying it to the Forehead and Temples, and it will avert the Pain.

Cure: Take four ounces of Rolemary-flowers, stamp'em, and infuse them in White-wine and Bettony-water: let them infuse in the Sun, or some other gentle Heat, sour or five days, the Glass into which you put them being close stopt; then distill them over a gentle fire, and you will find a Scum or oily Matter; separate these, and keep them close stopt in different Glasses. Their Virtues are excellent; viz.

small beaten Spice and fine Salt; and having made them up round like an Orange, or Balls of Venison, flew them, and serve them up whole in good Broth; garnish'd with Ears, it helpeth Deafnels;

fome few drops of it in White-wine are prescribed for the Dropsie and Yellow-Jaundice. It helpeth the Colick, and Rifing of the Mother; and is an Antidote against Poison, and infectious Air. the Plague and Pestilence. It comforteth the Heart, and cleanfeth the Blood; makes a merry and chearful Countenance, and creates a good Colour. It purgeth out the Colour. It purgeth out the Humours, by Sweat, that occasion the Itch, or any Break-In short, It is a ing-out. foveraign Remedy in all Di-flempers proceeding from cold and moilt Humours. The Water is good for Beautifying, and fets a rare Complexion on the Face and Hands.

frong Vinegar, dip a Rose-cake in it, and sprinkle that over with scraped Nutmeg and Powder of Wormwood; lay it to the Forehead, and burn Feathersew under your Nose, on a Chaing-dish, that the Smoak may ascend up

your Nostrils.

Dean-ath or Megian :
Take Unguentum desticationan rubrum one dram, the Powder of Massick two drams; mix them well together, and make them into a Plaister upon a piece of new Leather, and lay to the Temples upon the pained side: or if that, by reason of an universal Pain,

cannot be distinguished, lay it on both sides, renewing it every other day, and the desired Cure will be effected.

Dead Bail : To cover it with a comly Hair, if Age has not proceeded too far, and utterly denied it, Take a handful of Southernwood, dry it to Powder, or reduce it to Ashes by Fire; mix it with the Oil of Radishes, and anoint the place, and in a few times so doing you may perceive the Hair to sprout a-main.

Bead Breaking-out : This mostly happens to Children, caused by the super-abundance of hot Humours, and is very afflicting and offensive to them: To cure it, boil some Olive-oil and Vinegar, to the confumption of a third part; of Hogs-lard an ounce; anoint it with these, when they come to the thickness of an. Ointment, both Morning and Evening; putting on, after the anointing, a linnen Cap; and give them to drink Whey. wherein Scabious, Agrimony, and a few Tops of Wormwood have been boiled, to clear and purifie the Blood.

Bead Breaking-out, another way to cure: Take Butter and Salt, and fry them till a Blackness appear. Or, Take fine Olive-oil and Vinegar, beat them together, and anoint the place afflicted both Morning and Evening. If

thefe

these have no effect. Take a dram of the Powder of a quart of Whey, boil in it Agrimony, Scabious and Wormwood, of each an ounce, and wash the Breaking out with the Liquid; you must give two ounces of it to drink at the fame time.

Bead to Clear : Snuff up. in the Morning fasting, a spoonful, or somewhat less, of the clarify'd Juice of Ground-Ivy, or of Beets, spitting out, from time to time, as much Liquor as comes

into your Mouth.

Bead disturb'd with Noises: Take a green Ash-stick, and whilft one end is burning, receive the Water or Moisture that hisses out of the other: dissolve in it a little Civet: and being well dissolved, drop a drop or two of it into the Ear, when you go to rest, and immediately ftop it with Lint moisten'd in the same Liquid, and lie still about half an hour with that Ear uppermost that it is dropt into: in so often doing, the Noise will cease, and the Head be restored to its former Ease and Quiet.

bead Lightness: If by reason of a violent Sickness. as Fevers, Small-pox, &c. there is a Lightness in the Brain that disorders the Understanding, Take the distilled Waters of White fingle Primrofes, and Couslips, of each an ounce : put into them, them to two in a Bath : then

Pearl, and a grain of Bezoarstones; and let the Party take it, and compose himself, as much as the Disorder will permit, to rest after it. This has brought many to their

Speech again.

Bead Lightnels, another: For the Lightness or Swimming of the Head, especially in or after Sickness. Take the Flowers of fingle White Primrofes, distill them, and drink of the Water : If this succeed not, mingle with it the like quantity of Rosemary-flowerwater, and Couflip-water, and this will foon restore your Speech.

Bead and Merbes: Take of the fresh Roots of both the Peonies, gathered about the Full of the Moon, of each an ounce and a half; of Contrayerva half an ounce; Elks. hoof an ounce; of Rosemary before it is flower'd a handful, or with the Flowers; Bettony, Hyffop, Wild Marjos ram, Ground-Pine, and Rue, of each three drams; of the Wood of Aloes, Cloves, and the Seeds of the Leffer Cardamom, of each two drams; Ginger and Spikenard, of each one dram; Steehas and Nutmegs, of each two drams and an half: After a warm Digestion for one day in three quarts of the distilled Water of the Roots of Peony, bo i

ftrain

frain it, and with four pound of Sugar make it into a Syrup in a Bath. This is good for most Diseases of the Head and Nerves. The Dose is an ounce, which may fafely be

taken at one time.

Bead Roifie .: If there be a beating or finging in the Head and Ears, Take a pretty large filver Eel newly caught. rie it to a Spit, and let it roaft without any bafting, unless with a little Water rubb'd on with a cloth to keep it moift. having, before you lay it down, put some Cummin-feeds into the Belly of the Eel: then take what drops from it. and putting it into a glazed earthen Vessel, let it stand close covered with some fresh Cumimn-feed on warm Embers; and then going to Bed drop three or four drops into your Ears, or that only on which fide of the Head the Noise is moft

Dead-Dains, a Cephalick Wine Take two ounces and a half of Succory; the like quantity of the Roots of Avens; Elecampane one once; Ceterach, Bettony, Red-Sage, Liverwort, Carduus, Centaury, of each a handful; dried Drange-peel half an ounce and two drams; bruile the Barks and Roots, and thred the Herbs small: infuse them three or four days in a gallon of Rhenish-wine, gether, so that they may be often thaking them; and then

strain it, and drink about three ounces of it every Morning fasting, and the like at Night when going to rest.

This helps the most violent Distempers of the Head, and also those of the Spleen : and is an excellent Pectoral for the Breast and Lungs, as likewife for curing Catarrhs.

Dead - Dains tending to Madness: Take a quarter of a pint of the Juice of Ground-Ivy, of the Juices of Burnet and Red Sage, of each two ounces: drink them fasting in the Morning, and at Night when going to rest; and do it for twelve or thirteen days, but not fuccessively, intermitting a day between, if the Distemper continue so long: and after it you may take Red Rose-leaves dried; mix them with Flower and Vinegar, Oil of Roses, and the fuice of Housleek; boil them together until they be thick. and spreading them as a Poultis or Plaister, apply them to the Forehead and Temples.

The Conferve of Rue is alfo excellent for the Brain, preferving it from the Fits of the Apoplexy, Palsie, and fuch like painful and dangerous Distempers. Make it in this manner; with one part of Rue, mix two parts of fine Sugar, mixing them well tomade into a Conferve; of

which ear both Morning and Evening to the bigness of a

large Hazle Nut.

Dead Domber : Take the Flowers and Leaves of Bertony, Damask-Rofes, and the .Flowers of Rofemary and -Sage in dry thefe well, and add the Powder of Lignum-Aloes, and some Seeds of Nigella Romana : 'nrake them into a fine Powder, to be used as an Hair-Powder, when the Party goes to rest, his Head cover'd close with a Cap. This is excellent against the Head-ach, Pains in the Eyes, and likewife Swimming of the Head.

Bead to Burge : Take Agarick and Mastick, of each three drams; the Roots of Flower - de - luce and Horehound, of each one dram; Turbith five drams in Powder, Hiera Picra half an ounce; Pulp of Coloquintida and Sarcocoll, of each two drams; Myrrh one dram, Sapa as much as shall suffice to make them into a mass. Thefe purge very firongly from all parts of the Body, both Choler and Phlegmatick Humours, but especially from the Head and Breast, and are good against old Colds and Catarrhs. The Dose is half a dramevi

Bead Scald: Take Oliveoil, put it into a Diffi-full of fair Water. beat them well together; then add fome fine

Powder of Brimftone and May-Butter; make an Ointment thereof, and anoing the

Head therewith.

Beat Scald, another : Take Olive-oil two ounces. put it into half a pint of Spring-water, ffir and bear them well together; then add half an ounce of Flower of Brimstone, and three ounces of May-Butter, and over a gentle fire make it into an Ointment, and anoint the Head therewith as hot as may be endured: bath it about feven or eight hours afterwards with Oil of Roses and Camomel melted or mixt together over a gentle fire; and by often fo doing, you have the Remedy.

Wead Scald, another = Take half a peck of Oyffershells out of which the Oysters have newly been unshell'd; calcine them in a clear fire fo that they may be reduced to Powder; fift it as fine as Flower, and mix it with White Ointment, fo that it may be fomething stiff, and anoint the Head with it daily, and you will foon find the Effects answer your defire.

Bead to Strengthen ; Take Ointment of Maffick, and anoint the Temples and Forehead therewith. You may make it in this manner : Take of the Oils of Mastick, Wormwood and Nard, of each one ounce; Maffick, Mint, Corak,

Red Roses, Cloves, Cinamon, and Wood of Aloes, of each a dram; and of Yellow Wax a sufficient quantity to make it into an Ointment. This not only strengthneth the Head, but the Nerves and Stomach, and is Aftringent.

Dearing: For Thickness of Hearing, Take Garden Daisie-roots, and beat them till a Juice may be pressed from them; then laying your Head on a Bolster, your Body lying at length, drop three or four drops into the Ear you hear best withal; and so continue to do for three or four days together, stopping the Ear with Cotton-wool, or Lint, to keep the Air out.

Dearing to Recober: Take the Juices of Celandine and Dailie roots, and drop into the Ears, stopping them afterward with Black Wool or Cotton, lying on your Back, with your Head very low, for the space of half an hour after it; and in twice or thrice so doing, you will find great ad-

vantage by it.

Deart-Burning: Take Red Coral finely poudered about a dram, take it in White-wine or Ale: for want of this, scrape some Chalk that has been well burnt in the fire, and drink it in the abovesaid Liquors.

Deart to Cheer: Take Cardous, Bean, Borrage and Buglofs-waters, equal quantities, and in all but one ounce; put into them three grains of Bezoar-stone finely beaten to Powder; and having infused it for the space of an hour, drink it off, and keep your self warm an hour afterward, and then drink a glass of Muskadel; and in so doing often, it will remove Heart-sickness, Pains and Tremblings, as also

Melancholy, &c.

Beart to Chear and Comfort : Take of the Leaves of Celandine the Greater with the Roots, three handfuls : of Rue a handful; of Scordium two handfuls; Dittany of Creet, and Carduus Benedictus, of each a handful and an half; the Roots of Angelica and Zedoary, of each three drams; the outward Peels of Citron and Lemon. of each five drams; of July-Flowers one ounce and an half; Red Roses, and of the Flowers of the Leffer Centaury of each two drams shred what is to be shred, and infuse them three days in three pints of Malaga-Wine, or the Spirit of Wine: The Vinegar of July-Flowers, and the Juice of Lemons, of each a pint : distill them in a Bath in a Glass Vessel; and to the distilled Liquor add of Cinamon three drams, Cloves two drams and an half, Mithridate an ounce, Venice-Treacle three ounces, Troches of Vipers half an ounce, Camphire

tmo

two feruples, Wood of Aloes a dram, Mace two drams, Yellow Saunders one dram and an half; of the Seeds of Carduus Benedictus one ounce; of the Seeds of Citron three drams : let thefe be infused two days, then wish a gentle fire distill them twice or thrice, and draw off This Water is half thereof excellent to Cheer and Enliven the Heart, and for expelling Melancholy.

Deart-Ballon : Boil Pimpernel the Garden fort, Herb, Flower and Roots, in Ale, till the Ale be very frong of them; drink it up hot, fweetned with a little Syrup of Rofes or Violets: this twice or thrice done, removes Heartfickness, or the Infection of the Plague; and made into Posset-drink with Milk, is good in Pestilential Fevers.

Beart-Ackness to Remove: Take Ale, and make a Possetdrink thereof: then clarifie it, and feeth Pimpernel in it, till it becomes strong of the Herb: fweeten it a little, and drink it often.

Beat in the Eyes: Beat the White of an Egg, and diffolve in it a pretty quantity of fine Loaf-Sugar; beat them till they become thin, then drop it into the Eye.

Beat in the Face : Dip a Cloth in the Juice of Lemons, and Salt and Alom heated in White-wine; and in often applying it, the Heat or Red. ness of the Face will be removed, and the Skin become clear, smooth, and of its pro-

per Colour.

Deats or Inflammations of the Epes: Take the Pown der of Tutty-stone, Aloes and Sugar, of each an ounce: infuse them in a quart of Red Rose-water and White-wine : being put into a double Glass. and placed in Balneo Mariæ five or fix days with often shaking; wash the Eyes, Forehead, Temples, and indeed the whole Head with this often, so you will find a speedy Remedy.

Beat of the Liver: Take Liverwort, Garden and Wild. and Endive, of each a handful: Maidenhair half an handful; boil them in Water with a little Sugar; and being clarified, put into the Decoction a little of the Wine of Pomgranates, and drink it alone, and in your usual Drink, for a Week together, or as you fee occasion. The Dose is a quarter of a pint at a

time.

Belleboze, to Prepare : Infuse the Roots of Black Hellebore in the Juice of Quinces three days in a moderate Heat. then dry them, and keep 'em for use.

Demlock: This, by reason of its Coldness, is supposed to be poisonous; yet it is frequently used, and not without

fuccels.

fuccess, for Tumors and Inflammations of the Spleen. A Cataplain or Plailler of it with Ammoniacum, powerfully difcuss all Tumors or hard Swellings. Twenty grains of the Roor in Powder, is an admirable Diaphoretick in any Ma-

Lignant Fevers.

the fuice of the Leaves of Hemlock four ounces; Vinegar of Squills, and Gum-Ammoniack, of each eight ounces: diffolve the Gum in the fuice and Vinegar; and after a fufficient Infusion make them into a Salve over a gentle fire. This is a very good Plaifler to foften hard Swellings, or take away Inflammations.

Demozphotos : If thefe be not too much inflamed, dip your Finger or a fine Rag in the Balfom or Sulphur made with Oil of Turpentine, and befmear and anoint the Tumours once or twice a day: But if inflamed much, take Myrrh, Olibanum, common Frankincense, of each a like quantity: powder and mix them very well, and receive the Fune of this Mixture cast on a Chafing-dish of Coals with Embers, in a Clofe-stool, or some fuch convenient thing, about a quarter of an hour, more or less, as the Party can endure it.

Dameathoios, another: To prepare these for a Cure, Take White-wine, boil it in a hand full of Incense, which is only to comfort it; then walh with it the part grieved very often; then dip some Lint or Rags in Oleum Magistrale, (to make which, you will find under O L.) and often apply, it as a foveraign Ointment for this Grievance. Then for a Plaister, Take the faid Oil, Venice-Turpentine, and new Bees-wax, of each an ounce fet them over a gentle fire, and keep them stirring a quarter of an hour; then fet it cool, and being cold, apply it as a Plaister. This is good for Fiftula's, Ulcers, and all fuch Grievances occasion'd by hot Humours offentive to Nature, It is also applied in Wounds made by a Sword, or. Gunthot, and Blafts by Gun-powder, Scalding with Lead, or any Mineral,

Take the Sole of an old Shoe worn by a Man much used to travel, cut it to pieces, and burn it, yet neither to grey nor white Ashes, but to a fryable and tender Coal: reduce it into an impalpable Powder. Take then unfalted Hogs-lard, and work it with it to an Ointment, and anoint the afflicted part often there-

with.

Den Dye: Take away the Hens Breaff-bone, trufs and fet them in warm Water, lard it with Lard not too big, feafon with Pepper, Salt and Nutmeg; raile your Paffe to an Oval form, and pur in your Hens, and garnish or fill them with Champignons Artichoakbottoms, Livers of Fowls. Sweet-Herbs, and Lard melted or beaten : cover the Pve with the Lid, and let it bake for the space of three hours; and being baked, put in fome Juice of Lemons, beaten up with Butter and Gravy.

Dern- Dpe : Take your Hern, and pull the Feathers and Stumps clean off: break the Breaft-bone, and lay it to foak in warm Water and Sale for the space of an hour: then having Sweet-Herbs and Onions shred, make little Balls of them, flicking them toge-ther with Butter, and put it into the Belly ; feafour it with Salt, Pepper, Nurmeg, Mace and Ginger finely beaten : then lard the Breaft, and flick pieces of Lard under the Wings: lay also other Balls about it of the Composition of those that were put into the Belly, till the Coffin is full: then fprinkle on fome Juice of Lemon, and so bake it for two hours: when it is enough. pour melted Butter into it, fet it in a dry place till cold, and then ferve it up.

meen to Boaft : Take a Hern that is not too old, Jard the Back and Breast after you have parboil'd it; then put it on a Spir, bafte it with But-

ter and White-wine beaten up together, and dridge it with grated Bread and Sweet-Herbs cut very small : and when it is fufficiently roafted. make a Sauce of the beaten Yolks of Eggs, Anchovy, Claret, and Vinegar : garnish your Dish with Oranges, Lemons, Sayory, and Tops of

Rofemary.

Derring Dye to Seafon : Take about eight middlefized Herrings, the foft-Roes are the best, flit them down the Backs, and taking out the Bones, rub them over with Pepper and Salt: then mince Onions, Leeks and Apples, and scrape in Lemon-peel; then ftrew over them some Nutmeg finely grated, half a pound of Currans, and mix a pound of Butter with a little Flower. and place it above and beneath in thin flices.

Diccough : This is dange rous when it happens in Pevers; therefore to remedy it in that extremity, Take only two or three preserved Damascens at a time, keeping your mouth close thur. and holding your breath new and then.

Dippoeras of Cubitemine Take about three quarts of the best White wine, a poind and an half of Sugar, and an ounce of Cinamon; two or three Tops of Sweet-Marjoram, and a fiede whole Pepper; let thefe run chorough "

thorough a filtering Bag with a grain of Musk; then add the Juice of a large Lemon, and when it has taken a gentle heat over the fire, and stood for the space of three or four days close covered: put it in Bortles, and keep it close stopt, as an excellent and generous Wine, as also a very curious Cordial to refresh and enliven the Spirits: Or, if you think it best, as to the Colour, you may make it of the Colour of Claret, though this at pleasure may be coloured with Red Wine, Syrup of Elder-berries, Mulberries, Clovegilly-flowers, &c. It easeth the Palpitations and Tremblings of the Heart, and removes the Causes of Panick-Fears, Frights, and fudden Startings: It giveth Rest to weary Eyes, and heats the cold Stomach.

Bilpibula, Known otherwife by the name of Colts-foot. is an Herb growing on Hills, and bearing a Red Flower. and sometimes a White : it has a particular Virtue against the Ulcers of the Lungs Phthifick. and Spitting of Blood. Adistilled Water of the whole-Plant, and a Syrup made of the Juice, are either of them admirable good against the Confumption of the Lungs. The Effence of the Tuice is fingular good against the Bloody-flux, and other Fluxes

of the Bowels:

Boarfenels: Take three ounces of Hysfop-water, and fweeten it with fine Sugar : then beat well in it the Yolk of a new-lay'd Egg, and drink it fasting.

Bolly: The Prickles of Leaves boiled in Posser-drink. wonderfully eafe the Colick. and Pains in the Bowels, (as hath been often approved. when other Remedies more

costly have failed.)

honey Clarified : Honey that hath been clarified with the Whites of Eggs, until it come to a thickness: then take it off the fire; and when it is cool, put it up for This is good in Inyour ule. flammations, either taken inwardly, or outwardly applied to any Part where extraordinary Heat is predominant.

Boney of Baifins, the Best: Take three quarts of Water, heat it, and when it bubbles up, scum it: stone two pound of Raisins, and pue them into it till they swell and are pulpy; then boil them to the confumption of half the Water; then strain and press out the remainder of the liquid part; boil the Decoction to the thickness of a moderate Honey; and then add two pound of clarified Honey, and being well mingled, boil it to the thickness of a perfect Honey.

This is good for any Stoppages or Defects in the Lungs:

if mixed with White-wine, it. helps Digestion; and mixed with cooling fimple Water, is

given in Fevers.

Doney of Wielets : Take of the Flowers of Violets, the Bottoms chipt off, viz. Purple Violets, two pound; infufe them in two quarts of Water, boil them up, and add two pound of Honey, and fo boil them up to the thickness of an Honey, and press the liquid part thorough a linnen Cloth.

This eases the Inflammation of the Liver, cures fore Mouths; and mixed with the Decoction of Wood-Sorrel and Barberries, is Cooling, and much allays the Heat of Fevers. Thus you may make

Honey of Roses.

Dozbeum: This is an Excrescence growing on the Eve-Lid: To remove it, Take Housleek, dry it, and bring it to a Powder; then take of the Housleek-juice, and make a Cataplasm of the Powder, and cover as much as is needful of it, viz. to the thickness of Half a Crown, or a Crownpiece, in the fold of a Rag; fasten that part then upon the Eve. and let the rest of the Cloth bind round the Head, and so let it continue all night, and repeat the Application two or three times, if need tequire.

Bosminum, or Clary, (by

are two forts of this, Garden and Wild. The Herb and Flower is Cleanfing, Attenuating and Strengthening, and is good to be eaten by those that have weak Backs, or Pains in them. The Seed of it concocted in Spring-water, is wonderful good for clearing the Eye-fight, the Eyes being washed therewith. The Powder of the Leaves fnuffed up the Nose, purge the Head and Brain of Phlegm. A dram taken inwardly, provokes Venery. The Essence of the Juice strengthens Weakness in the Reigns, and much availeth in Barrennels, comforting and strengthening the Womb. A mucilage of the Seed discusses Swellings. The Leaves of Wild Clary are discussive, strengthening, and clear the Sight.

Botch-por of Beef: Take a Brisket Rand of Beef, any piece of Mutton, and a piece of Veal; put this into a fufficient quantity of boiling Water, keeping it clear from the Seum : then put in Sweet-Herbs; minced Cabbage, but not too fmall: and Carrots fliced: let them boil almost to a Jelly, and to ferve them

up on Stppets.

moreti-pot of Pigeons: Put your Pigeons (drawn, and a few Sweet-Herbs finely fhred, and mixed with Butter) into a Pot, as many as you fome called Clear-eye; ) There think convenient; then put

to them fome ffrong Broth, after you have layed between them fome flices of interlarded Bacon, beaten Nutmeg, Ginger, and a little Saffron, that they may give them a colour; then make em boil a-pace, and when they are boiled enough, put in some Verinice of Grapes, or Wine-Vinegar, and fo feafon them with a little Salt and Pepper, and ferve them up on Sippits. And thus you may order a Horchpot of Chickens, only these you must cut into quarters, and lard them with fmall fquare pieces of Bacon Lard, and boil or flew them not too haftily: you may add fome fweet Herbs shred small. and a piece of Butter; and being renough, garnish and ferve them up as the Pidgeons. This way you may draw any fort of small Fowl, either Wild or Tame.

framour in the Epe: Take new Milk, let it stand till a little Cream comes over it, then lying on your Back, dip your Finger into the Cream. and thutting the Eye-lids, befinear the Eyes with it, keeping it out of the Eyes as much as may be. Let this be done when you go to Bed. and let it continue on till the Morning, and fo renew it often,

humours fallen into the

ounces, red Rose-water the like quantity, Tutty-stone in powder three scruples, Eyebright-water fix ounces, Aloes three Scruples. Loaf-Sugar finely powdered four scruples; put them into a Glass with a narrow Mouth, stop it close, and let them infuse in the Sun, or some warm place, about three Days, then draw off the purest Water feparated from the fetling, and wash the Eyes with it frequently; and it will restore them to their frength and firmnels of fight without any Trouble.

Dumour in the Eyes, a Water: Take prepared Tutty half an ounce, Pearl half a scruple, Trochisci Alb-Ros five or fix grains; red Rofe water, and Succory-water, of each an ounce and a half mix them well, and if you will have the Medicine stronger, put three or four grains of Aloes into it, dissolve these well by haking as well as may be, and with the liquid part wath the Place grieved.

Dumours to Diam out of the Boad and face : Take a couple of new-lay'd Eggs, and by opening the Top, take out part of the White, and put in fome Powder of Cummin-feed; and also the Powder of Annifeed by degrees then having closed the Egg Eves: To remedy this Griev- with Past, till is is very hard: ance, Take of Whitewine fix out it in the middle and

lay it to the Nape of the Neck.

Bumours Sharp to Correct: Take the Roots of Marshmallows two ounces, Meadow-grass, Asparagus, Raifins of the Sun, Licorice, Red Chich-Peafe, of each half an ounce; Tops of Marshmallows, Mallows, Pellitory of the Wall, Plantane, Burnet, Saxifrage, white and black Maidenhair, of each one handful; of the four leffer and greater Cold-feeds, of each three drams: wash and cleanse the Roots from their Dirt, Pitch, and Strings, and fo cut them into flices, and having boiled the grass Roots first a quarter of an hour in eight pints of Water, put into the Decoction the Roots of Marshmallows and Asparagus, let them boil well for half an hour with the rest: after that add Licorice fliced. and the Maidenhair cut, and when they begin to boil, put in the cold Seeds, and keep them down in the Decoction: then take the whole off the Fire, and strain them about a quarter of an hour after, and so clarifie the Liquor with the White of an Egg, and four pound of Sugar, and boil it on a moderate Fire to the Confistence of a Syrup.

This eafeth Pains, correcteth sharp Humours, and has its principal Use for the Bladder, and Stone in the Kidneys. An ounce at a time may be taken in any conve-

nient Liquor.

Burt in the Epe: If the Hurt makes a folution of continuity in the Eye, take two ounces of Cellendine-water. put to it three or four drops of clarified Honey, ffir them well together, and add four or five drops of Oil of Roles, and drefs the Eye with it. The Mixture must be made fresh once in two or three Days, or it will four.

Dydromel, a short way : To make this, Take two Gallons of Spring-water, Boil it over a gentle Fire, keeping it scumming till no more will arife, then put in a pound of the best Honey, adding a little Fenel and Eye-bright tyed up in a bundle, and fo let it feeth till the third part be confumed, fcum it very well, strain it through a fine Cloath or Sieve, and with a quarter of a pound of Sugar-Candy finely beaten, put it up into a Veffel, and keep it close stopped; and it is an excellent cooling Liquor, greatly comforting and reviving the Spirits in Fevers and other hot Difeales, and is good in extream Costiveness to loofen the Belly, and contributes much to the freeness of making Urin.

ippozoptie: Take half a remedying the Difeases of the dram of transparent yellow Amber Amber twice or thrice a day in any convenient Liquor. This has been proved with

good fuccess.

Hyosepamus, or Penbane: A Cataplasm of the Roots applied in the Gout, Tumour or Tooth-ach, gives prefent eafe. The Leaves which have all the Virtues, and Preparation of the Root, wonderfuly mollifie and cafe Pains, being layed on as a Poultis. A difilled Water of the Flowers and Seeds, not ripe, and an Oil compressed out of them, cure the Pains in the Teeth and Gout, and are held to help Deafnels and Noise, and Worms in the Ears, If dropt into them, though not too much. A Cataplain of the Leaves boiled in Vinegar and Whitewine, eafes all Inflammarions of the Eyes, affwages Swelling of the Cods, or in Women's Breafts: Gives cafe to the Sciatica, and other Pains in the Joints, proceeding from hot Caufes.

Oralities are piercing and artemating, opening and absternating, opening and absternive, and therefore it high power to Heal and purific. Being concocked with Figs, Honey, and Rucof an equal quantity in fair Water, is good for Inflammations of the Lungs, old Chughs, Difficulty of Breathing and Caterris. It kills Worms in the Belly, and being beaten with Salt and

Cummin, it remedies the poilonous Biting of Serpents, if immediately applied to the Wound with a mixture of Honey. It is profitable to those that are troubled with the Falling-fiekness, the Decoction of it being drunk in VV hirewine, as also to cause the voiding of Phlegm, especially when it chiefly oppresses the Stomach and Lungs, as also the phlegmatick Maladies of the Brain and Sinews: and not only purgeth, but alfo fortifieth them. It driveth away Ventofities, and moveth Appetite; provokes Urin, and leffens the flaking of the Ague Fit, tharpens the Sight, and supporteth a good Colour. It is good for the Spleen and Drophe, and is fingularly good against the Ouinhe in the Mouth and Throat, being gargarized with the Decoction of it, and Figs in fair Water. The Oil made of the Leaves and Plowers helpesh refrigerated or benumbed Sinews and Nerves, and Arengthens them : And in brief fo admirable are the Virtues of this Plant, that it has Begot a Saying, wiz. He that esteth Hyffop, fall live long, &c. Dollerick Affections: Take an ounce or fufficient quantity of Volatil Salt of Harts-horn, drop on it as much Spirit of Tartar as will fariate it, when the Conflict is over; digest and mix it for a while, that it

may acquire a redness in Colour, and keep it carefully stopt. The Dose is four or five drops in any convenient Syrup. This is excellent good for the Genus Nervosum and other Distempers and Afflictions.

Dysterick Balsom: Take Galbanum, Opopanax, the Tears of Assa Foetida, Sagapenum and Armoniack, of each a dram: distilled Oils of Rue, Juniper Berries, and Amber, of each a scruple: melt the Gums in a brass Melter, and mix the Oils, and make a Balsom by remixing them over a gentle Fire.

This Balfam is very excellent to suppress the Vapours of the Matrix, put up into the Nostrils, and by anointing the Navel with it, it provokes the Terms, or by applying it to the lower part

of the Belly.

Pytterick-Elixir: Take the distilled Oil of Worm-wood, Pennyroyal, Amber, Feathersew, and Rue, of each six drops; Tincture of Castor and Sassiron, of each three ounces; refined Sugar, Eldershower-water, and Mugwort, of each six ounces: make these into an Elixir, and let it stand ten Days before you use it.

It is an excellent Elixir against all Diseiles and Infirmities of the Matrix. The

Dofe is from half a spoonful to a whole one.

Deflerich-Liquoz: Take of Castoreum two drams, Saffron and Camphire, of each an ounce: let them macerate sifteen days in a pint of Aquavitæ, not being set on any Fire, and then filter the Li-

quid part.

This is an excellent Specifick to suppress Vapours, effectally in Women, when arising from the Matrix: it may be taken upon any occasion, the Party who takes it being fasting, that it may operate the better, from half a spoonful to a whole one. It also may be snuffed up the Nostrils, or the Temples bathed with it, to ease Pains in the Head, and prevent the ascending of offensive Vapours to the Brain.

These are usually called fits of the Mother. To cure or avert them, Take the Liver of a hunred Hare, hang it up for a time in a dry place where it may not putress, till it may be reduced to powder, then take two or three scruples at a time in any con-

wort, venient Liquor.

make de let the Roots of Briony, and Piony, and Orange peels, of each three ounces; Flowers of Mugwort, Baum, Feather-few, Pennyroyol, Savin, and Elder-flowers, of each thands

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ful; Myrrh and Castor, of each an ounce; Sassiron two drams. Let these macerate twenty four Hours in two quarts of Canary, a pint of the Water of the Catkins of Filberds, and the like quantity of Orange-flower-water, and distill them all on a Sand-Bath.

This Water is very highly good commended by most learned to the Physicians for the Cure of the Distempers and Grievances pers.

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of the Matrix. The Dose is an ounce and an half.

Or take this, viz. Juice of Neppe, Wormwood, Mugwort, Pennyroyal, Elder-flowers, and Hyssop, of each half a handful; distil them, and preserve the Water for Use. This is not so powerful as the other, though very good, and contributing much to the Ease of the aforesaid Grievances and Distempers.

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ver, of each eight scruples, Ambergrease, and eastern Milk twenty grains, Syrup of

Clove-Gilliflowers fix pound and feven ounces.

3cinth Confection : Take Jacinth Stones, red Coral, Bole Armoniack, and fealed Earth, of each two ounces and two drams; the Shavings of Harts-Horn, the Seeds of Sorrel and Purlain, of each five drams; Leaves of Cretan Ditany, Grains of Kermes, Roots of Tormentile, and Birhworth, Seeds of Citron cleanfed. Æthiopian Myrrh, Saffron, red Rofes, the feveral forts of Saunders, the Shavings of Ivory and of the Bone in a Stag's Heart, of each five drams; Smaragds, Orienrial Pearl, Topazes, raw Silk, and Leaves of Gold and Sil-

This is an excellent Confection to strengthen the Heart, remove Infections, and is proper for killing of Worms in the Belly or Stomach. It may be taken in a Bolus alone, or mixed with other Powders, or Opiates, or else dissolved in Wine or Broth, or in some Cordial Liquor. The Dose is from a scruple to a dram, and sometimes two: It is likewise outwardly applied in Liquid and solid Epithems.

Jacobine-Bottage : Take either a Capon, or two Brace of Partridges, roaft them, and take out the Bones, and mince the Brawn very fmall, then breaking the Bones, boil them in strong Broth with a Faggot of fweet Herbs, in an earthen Pot: then strain out the Broth upon Sippits of Bread, and lay on the Bread a layer of Flesh or grated Cheese, then put over it some Broth of Almonds, and make it boil; then fill up your Dish by little and little, till it be quite full, so garnish it with the ends and pinions of the Wings, and the Bones, by flicking them end ways in your Pottage, beat then the Yolks of three Eggs very thin, mix them with a little Almond. or other Broth, and pour them over the Pottage, and fo ferve it up as a dainty Mess.

Taundice-Black, to Cure: Take Smallage, Sage, Parsley, and Groundfil, cut them small, and boil them as Pot-herbs with Pork, and drink the Liquor, and feed on the Meat, as a constant Dyet for a Week together.

Jaundice-Black, another: Take a spoonful of Honey, boil it gently, and scum it till it come to a good consistence, add then Wheat-slower and Saffron reduced to Powder, as much of each as will lye on a Knife's point; and having mixed them well over a gentle Fire, till the fcent be loft, put them into a little ftone or earthen Pot, and let the Party grieved take the quantity of a Pea at a time of it made up into a Pill, and anoint the Navel with it, chafing it into the Cavity, repeating the application for some Days together, when the Stomach is empty, and fast afterward two or three Hours.

Jaundice in Children: Take half an ounce of the best Rhubarb, make it into a Powder; then take two handfuls of fine Currans, and incorporate it with them, when extraordinary well beaten, and so make it up into an Electuary: And of this, let Children take the quantity of a Nutmeg at a time fasting, and fast an Hour after it for several Mornings successively.

Jaunnice Pelloin: Take an ounce of Cassile-soap, slice it thin, and put it into a pint of cold Small-beer; set it on the fire, and let it boil half away: then scum it once, and strain it thorough a Sieve, and drink one half of it in the Morning, and the other in the Evening: take a lump of Sugar after it, and saft two or three hours. Taking this, will not hinder any moderate Business. If the Distemper be far gone, you may take it

once

once or twice more in two or three days-time afterward.

Jaunuice Pellom, another: Take two or three ounces of Hemp-feed, and boil them in New-Milk till some of the Seeds begin to open and burst, or somewhat longer; then strain out the liquid part, and drink it very warm, renewing it, if occa-sion require, for two or three

days together.

Jelly: Take a dozen Calves-feer, feeld them, and take away the Fat between the Claws, as also the great long Shank-bones; lay them in Water four or five hours. and boil them in two gallons of Spring-water: keep them scumming till the Water comes to about three quarts; then strain it thorough a thick linnen Cloth, and let it cool: and when it is cold, cleanfe it from the Setlings: pare off the top, and melt it; then put into a large Pipkin three quarts of White-wine, and three races of Ginger fliced, fix or feven blades of Mace. and a quarter of an ounce of Cinamon, a grain of Musk, with eighteen Whites of Eggs beaten with four pound of fine Sugar: mix them with the Jelly in the Pipkin, then put in the Juice of three Lemons, and let them boil leifurely: then ftrain it again, and run it, and ferve it up

things that require Jellies. 'Tis very good to firengthen the Back, and enable Generation.

Tellies, their proper Meats: 1. Three pair of Calves feet. 2. A Knuckle of Veal, and a fine well-flesh'd Capon not very fat. 3. One pair of Calves-feet, a well-flesh'd Capon, half a pound of Hartshorn, and an ounce of Ilingglass. 4. An old Cock, and a Knuckle of Veal. 7. Hartshorn, and a Pullet. 6. Good bodied Capons only. 7. A Cock or Capon with Ifingglass. 8. Jelly of Hogs-feet. 9. Sheeps-feet, Lambs-feet, and Calves-feet. And thefe may be all ordered as the foregoing, for matter of Boiling and Straining.

Telly of Apples, the French way: Make a Decoction of Apples pared, fliced, and cored; then run it thorough a fine Cloath, and to a French pint (which is almost one of our quarts) put about three quarters of a pound of Sugar, and so boil it up to a Jelly. This is very cooling and wholsom for the Stomach, and good to be given in Fevers, and hot Diseases; yet it must be taken, in such cases, with moderation.

mons, and let them boil feifurely: then strain it again, and run it, and serve it up with any Meats, or other Meats, add a quart of White-

wine.

wine, a pound and a half of Sugar, fix Eggs, two Nutmegs fliced, a quarter of an onnce of Mace, two Races of Ginger fliced, a little flick of Cinamon grofly bruifed, two grains of Musk, and Ambergreafe.

Sometimes, for variety, inflead of Wine, use Grape-Juice, a quart of the Juice of Lemons, a pint of the Juice of Oranges, a quart of Woodforrel, or a Quart of the Juice

of Quinces.

Jelly Czystalline: To do this, Take half a dozen Calves-feet, scald off the Hair, take off the Claws, and take out the great Bones and Fat; then casting the Flesh into fair Water, shift them three or four times a day and a night, and in the morning boil them in a glazed Pipkin, in fix quarts of Water, keeping it very clean scumm'd, till it is reduc'd by boiling to three quarts; then strain it into a clean earthen Vessel, and when it is cold, take away the Drofs from the bottom. and the Fat from the top, if any remain there; then put it into a large Pipkin of fix quarts, and put to it two quarts of old White-wine and the Juice of four Lemons, three blades of Mace, and two races of Ginger fliced; then melt or dissolve it again into Broth, and let it cool, and then have four pound of Sugar ready beaten, and in a large Dish mix it with twelve Whites of Eggs; then put them into the Pipkin where the Jelly is, and so stirthem together with a grain of Musk, and Ambergrease: put it in a fine linnen Cloth bound up, and a quarter of a pint of Damask-Rose-water, and set it a stewing on a gentle Charcoal-fire; before it boils, put in a little Ising-glass; and being boiled, cool it, and then

run it up.

Jelip of whole Eurrants: Boil to candy four round of. fine White Sugar clerified with the Whites of Eggs: put into ir Red Currants about five pound : let them boil together till they are almost become a Jelly, then put into it some whole Currents fresh and cleanly pickt; and when they are enough, put them into the Sugar, but let it be very clear. and well ordered, and foum it well while it boils with the Sugar, and fo you will have an excellent Jelly, very cooling and grateful to the Stomach, and useful for restoring a lost Appetite.

Jelly of Flesh: Take a Red Cock, and a Knuckle of Mutton, or the Sinews and Knuckle of Veal with a little Mutton, Raisins of the Sun stoned; boil all these to pieces: then take the Vessel wherein they boil, from off the fire, pour out what is in it into a wooden Vessel, and break and mix it together very well: then run it thorough a Strainer; and when it has stood all night, scum off the top, and season the rest with Sugar, a stick of Cinamon broken very small, a blade or two of Mace; so boil it up again, and strain it thorough a Jelly-bag for use. It is exceeding nourishing and good for those that are in, or endining to a Consumption; also to restore weak and de-

caved Bodies.

Telly of Gooleberries, the French way: Take Goofeberries, and press or bruise them, and strain out the Pulp thorough a Straining-cloth: measure the Juice, and to every pint put three quarters of a pound of Sugar : make it boil up well together; and when it is so well boiled, that fome of it being laid on a Plate, it will not stick, but come clean of, then strain it. and keep it to put into Tarts with Pears, Apples, Quinces, or the like, to make them tafte like Gooseberries, when Gooseberries are out of seafon. And To you may Jelly Raspberries, Cherries, Currants, or any fuch like foft Fruit.

Helly of Batts-horn:
This has been a long time greatly in request. To make it, Take half, a pound of Harts-horn, boil it leistrely in

Spring-water close covered. and in a well-glazed Pipkin that will hold a gallon: boil it well; when 'tis cold, strain it thorough a fine Cloth, and out it into another lesser Pipkin, and with the Juice of eight or nine large Lemons, a pound and a half of doublerefined Sugar, and so let it boil a little, and put it into a Gally-por or small Glass, or cast it into a Mould, or any fashion you fancy best. is by Physicians held to be a special Cordial, and a great Strengthener; a Restorer of Confumptive Bodies, or those faln-away by long or violent Sickneffes.

Jelly to Make: Take a large Leg of Veal, cut away the Fat as clean as you can; wash it well, and let it lie a foaking a quarter of an hour or more, having first broke the Bones: then take four Calf's-feet, and scald off the Hair in boiling Water, flit them, and put them to your Veal; boil them over the fire in a brass Pot, in two gallons or ten quarts of Water, according to the Proportion of the Meat: scum it very often. and so continue it till it is boil'd away to three pints; then strain it thorough a clean Strainer, and let it stand till it be quite cold, that it will eafily be cut out; pare the top and the bottom, and then put it into a Skillet! then take

two ounces of Cinamon bruifed, and Nutmeg fliced, a race of Ginger, and a large Mace or two, a little quantity of Salt, and a spoonful or two of Wine-Vinegar, and the Whites of Eggs well beaten: put all to the Jelly, and then fet it on the fire, and let it feeth two or three walms. stirring it all the while; then strain it thorough a Jelly-bag, and eat it when you find Nature weakened or decayed, and it greatly strengthens and fortifies it.

Jelly of Quinces, the French way: Make a Decoction of Quinces pared, quartered and cored, till they are very fost, so that they may be mash'd and mingl'd with the Water they are boil'd in: then strain them thorough a Straining-cloth, and boil the liquid part up again with Sugar, a pound to a quart, till it comes to a reddish colour : then fcumming-it lightly, let it fettle, and take off the finest part, when it is warm, put it into glazed earthen Vessels, and let it stand till it is cool, and it will become a curious red Jelly, and is a great Comforter of the Stomach, exceeding good for the Lungs, and Shortness of Breath.

Jelly of Merjuice: Boil Verjuice in fair Water, then strain it, and in the Decoction boil Apples, and a little Isingglass; and when the liquid

part begins to confume, it will be a perfect Jelly. This is good to use in Sauces, and for garnishing Dishes; as likewise to prepare the Stomach for a good Appetite, by being eaten with Sugar and Rosewater.

Jelly White : Take a pound of Almonds, and steep them in cold Water till the Husks come off; being blanched, beat them with a quart of Rose-water; then a Decoction of half a pound of Hing-glass boiled with a gallon of fair Spring-water, or else half Wine, boil it till half be wasted; then cool it, and strain it, and mingle it with your Almonds, and strain with them a pound of doublerefined Sugar, the Juice of two Lemons, and cast it into Egg-shells; put Saffron to fome of it, and make some of it blue, and some of what colours you pleafe, though naturally it will be as white as Snow.

Jemetices to Make: Take a pound of fine Sugar beaten and fifted, four Yolks of new-lay'd Eggs, a grain of Musk, and two drams of Carraway-feeds finely beaten and fifted, a little Gum-dragon diffolved in Rose-water, and fix spoonfuls of fine Flower; beat all these together in as equal mixture as may be; so beat them into a thin Paste a little softer than Butter; then run it thorough

rough a Butter-Squirt of two or three Ells long, bigger than Wheat-straw; and let them dry upon Paper a quarter of an hour, then tie them up in flich Knots as you fancy most proper; and being dry, boil them in Rose water and Sugar, and it proves very ufeful in fetting out a rich Ban-

quet.

Ill Babit of Body, to Remedy: Take double-refined Sugar one pound, the diffiled Water of Citron-peels four ounces, boil them over a gentle fire to the confidence of a folid Electuary : then add a Nurmeg, Sugar pouder'd and pass'd thorough a Sieve, Pulp of Piftaches three drams; choice Cinamon and Mace finely pouder'd, of each two drams; put in first the Nutmeg and the Piftaches. after that the Peel, and then the Powder; and being all incorporated, make them up into Tablets, and dry, them, so that they may be well kept for ule.

These Tablets are of a very plealing Scent and Odour, grateful to the Stomach, and removing the ill Habit of They encrease the Body. Appetite, and facilitate Concoction and Distribution of the Nourishment. They also are very effectual to expell Wind, and hinder the Putrefaction of the Humours. You may take of them for a Dole

two drams in the Morning fasting, and immediately after Meals, and may continue the use of them as you see occafion.

Incontinency of Arine: Take the Pizzle of a Wether. dry it in an Oven so that it may be reduced to a Powder ; mix it with a little Powder of Coral, and take as much as will lie on a Three-pence in a spoonful of Vinegar.

Inflammation Dap: For this, Take Crumbs of Bread half an ounce, Coral and Pearl prepared, Tuttia and white Sugar-Candia, of each half a dram; Powder of red Rofes a dram and a half. Flowers of St. John's-wort one dram, and with a fufficient quantity of Milk make a Cataplasm or Poultis; and for a dry hor Inflammation lay it on the Eyes.

Inflammation Moist: Take a Pippin, and having cut it in two halves, take out the Core of each of them, and fill up the cavity with the tender Tops of common Wormwood, and fo close them together by tying the halves : and when it is well roafted, take off the Skin, bruise it into a kind of a Poultis, and apply it warm to the Eye, spread on

a Cloth.

Internal Wiles : Take two parts of Flower of Sulphur, and one of Sugar very finely poudered; mix them exactly

exactly together, and make them up with a fufficient quantity of Mucilage of Gum-Tragadanth into Lozenges of about a dram weight, and take one at a time thrice a day; or, if need require, four or

five times a day.

St. John's mort : This is a feveraign Herb for Wounds, or internal Bruises; boil it in White-wine, and drink it very warm, with a little Sugar. For Wounds, make it into an Ointment or Bath. It opens Obstructions, and dissolves Swellings: It closes up the Lips of Wounds, and strengtheneth the Parts that are weak and feeble. The Seed, especially if brought into a Powder, and drank with the Juice of Knot-grais, helperh all manner of Spitting or Vomiting of Blood, closes a Vein broken inwardly, and helps thefe that are flung by any venomous Creature. It is good for those that are troubled with the Stone or Gravel in the Kidneys, or have difficulty in making Urine. Two drams of the Powder of the Seed taken in a little Broth, gently expels Choler, or congealed Blood in the Stomach. The Decoction of the Leaves and Seeds, being drank somewhat warm before the Fit of an Ague, whether Tertian or Quartan, does alter the Fits; and by often using, takes 'em away. The Seed is very much

commended being drank for forty days together, in helping the Sciatica; Falling-fickness;

and Pallie

Joines Affliced: Take Bay-leaves two large handfuls, and of the Berries half a pound : Colewort-leaves a pugil. Neats-feet-oil five pints. Beef-fuer two pound; bruife what is to be bruifed, and mingle the rest: boil them till the Borries and Leaves are crifp, then strain out the Ointment, and use it by suppling or bashing pretty hot in all cold Distempers that afflict the Nerves and loints.

Joint-friffnels, &c. Take of the Flowers and Tops of Rosemary, Marjoram, Rue, Wild Thyme, and the Roots of Wake-Robin, and Wild Cucumers, of each four ounces and an half; and of the Leaves of Bays, Sage, Savin, Briony-roots, of each three ounces; Fleabane, Spurge. Laurel, of each nine ounces; the Leaves of wild Cucumers and Calamint, of each half a pound: they must be gathered very fresh, cleansed and bruised, and infused feven days in five pints of the best Olive-oil, and one of the Spirit of VVine: boil them gently till the watery Humour be evaporated; strain out the Oil, and melt it in fifteen ounces of yellow Beeswax, Bears-greafe, and the Oil of Bays, of each three ounces ;

ounces; of Mascheleum half an ounce, Petroleum an ounce, Butter four ounces: ftir them. and fprinkle in the following Powders, viz of Mastick and Olibanum, of each fix drams; of Pellitory of Spain, Pepper, Ginger, and Euphorbium, of each an ounce; make them into an Ointment over a gentle fire, with well mixing and flirring; and, lastly, straining out the liquid part, keep it close floot in an earthen Veffel for your ufe.

This is an excellent Ointment for all cold Difeases, as Palsies, Stiffness of the Joints, Cramps, Convulsions, and the Colick, and Pains of the

Reins, Oc.

Italian Bisket : Take a pound of fine Sugar, beat it yet finer, and fift it; and to it put a pound of fine Wheatflower, and fix Eggs bearen very thin; then beat them all together in a stone Mortar for an hour's space, not suffering it to stand still, lest it prove heavy; then put in half an ounce of Anifeeds : rub Butter ever your Plates, and drop the Ingredients with a Spoon as fast as possible you can: let them into an Oven and bake them, but let them not be too much by any means.

Italian Chips: Take Past of Flowers, beat them till they are reduced to a fine Powder; then Aft them, and

take fome Gum-dragon freep'd in Rose-water; beat them in a wooden or frone Mortar to a perfect Paste, then roul it very thin, and lay one colour upon another in a long roul, and being rouled very thin, cut them overthwart, and they will appear of divers curious and delicate Colours

like Marbling.

Itch to Cure : Take strong Lime-water one pound, and put it into a gallon of Springwater; let them work together for some hours, and then carefully pour off what is clear: filter the reft, and take two ounces of Quickfilver tied up in a linnen Bag: let this hang in the Liquor, and boil it half an hour or more: then pour off the clear Liquor, and with it wash the part afflicted; and when it is well dried in, anoint the fame places with Ointment of Tabacco, which you may have ready prepared.

Atch, another way to Cure: Take a handful of the Roots of Elecampane, and as much of sharp-pointed Dock; shred them small, and boil them in two quarts of Spring-water till a pint be confumed; then strain out the Liquor, and wash with it the place afflica ched once or twice a day.

Itch, a Purge : Take Tamarinds half an ounce. fharp-pointed Dock-roots two drams; Fumitory and Suc-

cory,

cory, of each half a handwhite Tartar half a ful: dram, Ginger a scruple : let the Herbs be shred very small, then stamp the Roots, and boil all in a fufficient quantity of fair Water, till it be confumed to about a quarter of a pint; to which, being strained, add an ounce of the Syrup of Roses, and two drams of Syrup of Buckthorn Berries: Take it in the Morning fasting, and it will purge and cleanse the Blood, fo that the Humours, that occasion the offensive Disease, will be expelled by gentle Swellings.

Juice of Crabs: This is commonly called Verjuice, it cools, drys, binds, and quenches the Thirst, asswages the heat of burning Fevers, stops Fluxes, and causes Appetite. In other Countries they imitate ours with the Juice of unripe Grapes. It is used with Sauces in Food, to sharpen the Appetite; and made into Lohoch with Virgin-Honey, it cools in hot Diseases, and cuts tough Phlegm.

Juice of Cucumbers: Here is meant the wild ones: It is Catharick; it prevails against the Gout, Scurvy, and King's-Evil, Obstructions of the Viscera and Jaundice, also the Dropsie: It is to be taken from two drams, to three, four, or sive.

To make a Syrup of it,

Take of the Juice two pound, of choice Senna two ounces and a half: mix and infuse them over a gentle Heat close covered, fixteen or twenty four Hours; then strain it out, and boil it up with as much white Sugar, as will make it into a Syrup. The Dose is from two, three, four, or five spoonfuls in any of the Distempers or Grievances before mentioned. It purges our watery Humours very strongly.

Juices Depurated: Let your Juices settle for twelve Hours, then pour it off gently from the gross Impurities settled at the bottom; boil it gently in a Pipkin, and take off the Scum or Curds, letting it boil only a warm or

two, then strain it.

Juice of Garben, or field-Sorrel: This made into a Syrup, or the Juice fweetned with Sugar, is very cooling and aftringent, it allays the Heat of the Liver and Stomach, stays Fluxes, and inward Bleedings. It is good to expel the afflicting hot Vapours intelling the Brain in Fevers, and to hinder the Lightness in the Head: Eaten in Sallads, it cools the Blood and thins it. Applied Poultis-wife, it allwages hot Swellings, or any external Inflammation, takes off the Redness and Heat of the Face, or any Part of the Body, being

walked with the diffiled Water of it, and that of Scabi-

Jutee of Proposities : This Tuice proceeds from a Plant growing like Mifleto. thickens and binds flrongly, and is used chiefly to ftop all Fluxes of the Belly, Womb, and Stomach : It Itays Vomiring and Spitting of Blood, by reason of internal Bruises. An aqueous or vinous Tin-Sture of it, is used to flop the Gonorrhoea, and Whites in Women. A Lohoch made of it with red Wine, and adding a third part of Honey, that it may be impiffated to a thickness, is given for the Care of Ulcers in the Lungs, Stomach, or Bowels.

Turce of Licortce : Of Licorice there are two kinds. viz: the Spanish and the Englift, though much of the fame Virtues. The Spanish Juice is made by boiling the Juice to a thickness, or inspissaring it by Evaporation, and then making it up into Rolls or Cakes, which they wrap up in Bay-leaves, and that which is best good breaks free, and is clear and shining like Jet. The English Juice is made into round Balls, and is generally a Composition made of the fuice and the Pulp of Prones, and so inspillated to a Body.

It is one of the greatest Pectorals, good against Coughs, Colds, Hoarfness, Wheesing Difficulty of Breathing, Shortness of Breath, stuffing of the Lungs, Breast, and Stomach; also for Ulcers in the Kidneys, sharpness of Urine, and the Corrosion of the Bladder: It helps Expectoration, lentiles roughness, loosens the Bellies of Children, and takes away the Gripings and other Pains. It helps to overcome and remove the Effects, many times left behind, of strong and sharp Purgers.

To make an aqueous Tinchare of Licorice take this Rule : Take Spanish Voice very thin fliced, or bruifed to pieces in a Mortar, one ounce. fair Water three quarts, Salt of Tartar three drams : mix and put all these into a glass Body digested over a very genthe Heat twenty four Hours, and a pure Tincture will arise into the Water, leaving all the Faces, or earthy fubfrance behind in the fame form or shape it was put in: Beware you shake it not, but decant the pure clear Liquor for use, and cast away the Fæces. It wonderfully fweetens the Blood, and is excellent in the Scurvy and French-Pox.

Take clean Powder of Licorice-roots, and Orris, of each fix feruples; Wheat-flower two ounces, Sugar finely beaten one pound; Eastern Musk, and Ambergrease, of each three grains incorporate these together with a mucilage of Gum-Tragacanth extracted in Rose-water, mixing and bearing them together in a solid Paste: make them up into Tablets or Rolls, and dry them in the Sun, or before a gentle Fire, on fine Paper.

The Juice of white Licorice is more pleafing than the black, very acceptable to the Tast and Smell; and dissolved in Mint, or Rose-water with a little Syrup of Gillislowers, is good against Coughs, Colds, Phthisicks, Althous, and most pectoral Diseases.

Juice of Mettles : It flays Bleeding, mixed with white Sugar and fauffed up the Nofe. A quarter of a pint of the Juice of the Tops of young Nervies drank at a time, stops internal bleeding. It is also good, made into a Syrup with Sugar, against the Dileases of the Lungs, as Colds, Coughs, Afthinas, Peripenumony, Pleurifies, Stitches in the Side, Heat, Pain, and Stoppage of Urin, whether proceeding from Sando Gravel or other mucilaginous Matter.

This is cooling and Cordial, chearing the Heart; and refreshing the Spirits. It resists Polion; and the Infection of the Plague, and all other pestilential and contagious Distributes. It roofs, and that

which is most acid, is grateful to the Stomach. It is given in cholerick Fevers, the Pica h Women with Child, Gonotrhæa's and cures the fore Mouth. The Wine like Juice, that is between fower and fweet, is Cordial and Cephialick, good against the Megrims, Vapours, fainting and fwooning Firs; the fweet Juice is good against old Coughs. Of the acid or tharp luice is made first, Syrep, with a fufficient quantity of Sugar to make it into a convenient thickness; secondly. Lohochs with Honey, and the distilled Spirit of the Wine of Pomgranets, is an excellent Cordial mixed with coofing Waters in all hor Difesfes.

Twice of Mood- Dorrel : Take four pints of the Juice of Wood forrel, purific it, and pour it into a glass Cucurbit, cover it with its Alembick flightly lated, place it in Balneo Mariæ, and diftit about half the moisture wirh a moderate Fire; then take away the Cucurbit, and let it cool : this being done, pour out the acid fuice that remains by inclination, and pass it through a brown Paper, to separate the Dregs gathered in distillation; then weigh out a quart of the clarified fuice, and in it diffolve four pound of fine Sugar , and give it a little time to wamble

over the fire: Take it off, and four it when it is come to the thickness of a Syrup: you may likewise clarifie the fine powder'd Sugar with the White of an Egg, and fair Water, and boil it to the strong consistency of a solid Electuary; and afterward incorporate the Juice of the Wood-forrel prepared as is directed.

This Syrup is very cooling, and is useful to quench Thirst in hot Diseases; also the Heat of the Liver and Stomach. It is very much commended in Burning Fevers, and in Malignant and Epidemick Diflempers. It comforteth and ffrengtheneth the Heart, and allays the Inflammation of the Mouth and Tongue, likewife that of the Palate and Throat: the distilled Water of the Juice may be very properly mixed with the Syrup, or you may drink the Water alone. The quantity to be taken is from half an ounce to an ounce, and may be taken in the Morning fasting, and at Night when you go to rest; or at any time of the day, as necessity requires.

Jujubs, a Sprup: Take fix Jujubs; Barley pick'd, Licorice and Maiden-hair, of each an ounce; fresh Violets a handful; Seeds of Mallows, Quinces, White Poppey, Melons and Lettice, of each three drams: put the Barley into

a glazed earthen Pot, with fix pints of Water, and let it boil over a gentle fire for half an hour; then put in the Jujubs fliced, and let them boil. a quarter of an hour; then add the Licorice scraped and bruised, the Maiden-hair cut, and the Seeds bruifed let them boil a while, and then add the fresh Violets, thrusting them down into the Decoction, at the fame time taking off the Pot from the fire; and when the Decoction is somewhat cool, strain it. and clarifie the Liquor with the White of an Egg, and three pound of fine Sugar; boil it over a gentle fire to the confiftence of a Syrup.

This Syrup is chiefly given in dry Coughs, or hot and thin Defluxions on the Lungs; for it thickens the Phlegm, and qualifies the Acrimony thereof, and helps to expectorate. It may be taken from half an ounce to an ounce, either alone, or elfe in Pettoral Juleps, Apozems, or mix'd with Lohochs.

Julep: To make an excellent Gooler for a Calenture, or Burning Fever, Pare ten Lemons, press out the Juice, and let it settle twentyfour hours; then pour off the clear part, and digest it in a stone Bottle in hot Water, or in Sand, for twelve days; then filter it again, and digest

it as before : repeat this until no more faces settle; and during that time, calcine the outward or yellow Peel of the Lemons, and with distilled Water draw the Salt out of the Alhes, and put this Salt into the purify'd Juice; and having digested them for some time together, put it into little Vials of an ounce a piece, which is a Dose sufficient for any one. Some fay, That two Doles of this will allay the greatest Burning Fever, and by degrees fo cool and temperate the Blood, that the Distemper in a little time will cease. It may be given by it felf; but if it prove unpleafant to the Palate, you may mix a little Sugar with

Jumbals: To make thefe, Take a pint of Wheat-flower. and a pound of white Sugar, make a mixture of these with the Whites of two or three Eggs finely beaten, and a pound of blanched Almonds well beaten, with half a pound of fresh Butter, and a spoonfull or two of Role-water. To these add half a pint of Cream, and mould it till it becomes a Paste, so roul it into what shapes you please, and dry it a while; then bake it in an Oven not too hot, to the number of twenty or

Jumbais, another : Take a pound of fine Wheat-flower,

the Yolks of four new-lay'd Eggs, about a quarter of a pint of Iweet Cream, a quarter of an ounce of Anifeeds, and half a pound of cold Butter; make all these into a Paste, and roul it into long rouls as big as your Little-Finger, and make them into what Knots, Forms or Fashions you please: then boil them in fair Water; after that, bake them, and keep them in Boxes in dry places to fet out the Table, as occa-

fion requires.

Jumbals Sugar'd : Take two pound of fine Flower, beat a pound of Loaf-Sugar into Powder, fift it, and mingle it with the Flower: then take a pound and an half of Sweet-Butter, break it in small pieces among the Flower and Sugar; then take five spoonfuls of Canary, and three or four Yolks of new-lay'd Eggs, and a quarter of a pint of Cream; beat them well together, and put them to the rest of the Materials, and when they are work'd up into a Paste, fashion them as your Fancy leads: lay them on white Paper, or on Plates, and put them into an Oven, and bake them with a gentle heat, taking an extraordinary care that they be not feorched.

Juniper = Werries , their Virtues: The Spiritous Water, as also the Oil, are either of them proper to free the Reins and Ureters from Gra-

del, and vitious Matter, that the Urine from having its course. They are also very useful in cold Maladies of the Brain, and in Scorbutick Distempers. They fortise the Stomach, and create an Appetite, help Digestion, and resist Putrefaction, and the Humours, and kill the Worms in the Body; also expel Wind, Colick, and cold Maladies of the Bowels.

Thy: This Simple, though by fome not much regarded, is of great virtue: for Diofzorides tells us, A pugil of the Flowers, which may be about a dram, boil'd in RedWine, or powder'd and drank wice a day, helps the Lask and is good for fore Eyes.

and Bloody-flux. It is an Enemy to the Nerves and Sinews, if taken much inwardly; but very strengthening to them, if applied outwardly in Oil, Ointment, or Poultis. The Berries pouder'd, and drank in Ale, are good against the Jaundice, Black or Yellow; they help those that spit Blood, and kill Worms. They are a great Enemy to Wine: for if any one has got a Surfeit by hard drinking of Wine, boil a handful of Ivy in the like Wine, and the Decoction will greatly contribute towards the Party's The Juice of the Health. Berries fnuffed up the Nofe, purges the Head of Rheum,

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Sir Take an handful of the Leaves of Sage and Rue, bruife them, and put them into a thin Bag or Boulter, and hang it in four gallons of ordinary Small Ale well brewed; and as foon as it is Tunn'd, take three hundred live Sows, commonly call'd Hog-Lice, (they live under old Wood

and Stones:) bruise these with a little of the Ale, that all the Moisture may be extracted; then strain it, and pour it among the rest, and put the Skins of the Sows to the Herbs in the Bag; when it has work'd sufficiently, begin to drink it at Meals, and at other times when you have occasion to drink; and to render it more grateful to the Taste, you may add a fourth part of Whitewine.

wine, forbearing, during the taking of it, to eat falt Fish,

or falt Meats.

It is not to be wond

It is not to be wonder'd at, that this Drink should be for efficacious, though it be compounded but of few Ingredients, fince all famous Authors ascribe such wonderful Virtue to these Creatures; and Experience testifies, that they cleanse, resolve and purifie to a wonder. They diffolve the Stone in the Reins and Bladder to a Slime, and bring it away; they open the Obstru-Ctions, help the Jaundice, and all Obstructions, Stoppage and Strangury of Urine; the Colick, Afthma's, Shortness of Breath; and also restore lost They are very Appetite. much recommended for the curing all forts of Cancers. fcirrhous Tumors in what part of the Body foever, the Kings-Evil, and all fordid and inveterate Ulcers and Sores. With this Drink did Sir Kenelm do great Cures at Frankford, in Germany, and at other places. It likewise stays the bleeding of Wounds, and heals them very speedily.

thermes: This is usually call'd the Scarlet Oak. The Grains of this Tree are doubly useful, either for dyeing Scarlet Colour; or for Medicine, which is most to our purpose: Wherefore, to omit the former, it is aftringent, and used successfully for

Wounds, especially where the Nerves are cut; and also prevents Miscarriage in Women. They are used in sharp Difeases, as Apoplexies, Palsie, &c. as also for the Palpitation of the Heart, Fainting, Swooning

and Melancholy.

Bermes, a Confection: Take the Juice of pleafant fmelling Apples, and Rose-water, of each a pint; boil them almost to the thickness of Honey. then take it from the fire, and whilst it is hot, add two drams of Ambergriese, cut fmall, and disfolved with some drops of the Oil of Cinamon; which being well mixed, add what follows in Powder, viz. Wood of Aloes and Cinamon, of each fix drams, prepared Pearl two drams, Leaf-gold one dram; then drain and mix them with the Syrup of Kermes, which is made in this manner: mix the Grains in a marble Mortar, pulp them thorough a Sieve or Strainer, and mix them with an equal quantity of Sugar. This is the proper Conferve; and to make it a Syrup, it is but adding more Sugar, raw Silk, the Juice of Apples, and Rose-water. It is a great Strengthener of the Heart, and Restorer of Nature; expels Melancholy, and restores a cheerful and wholfom Complexion.

Bermes, a Confection: Take the Juice of pleasant Apples,

and Rose-water, a pound and an half; raw Silk cut very finall one pound; put them into a Matiass well stopped, and digest them for twenty four hours in Balneo Mariæ; then squeeze the warm Silk in a Prefs, and boil the Liquor to the confistence of a folid Electuary with two pound of Sugar: then take it from the fire, and diffolve in it a pound of the new thicker Juice of Kermes: and afterward mix with it Oriental Pearl prepared, Yellow Saunders, and biting Cinamon, of each half an ounce: Ambergriese pulverifed with three drops of the best distilled Oil of Cinamon, Lapis Lazuli burnt, wash'd, and made smooth, three drams; Leaf-gold one dram, Oriental Musk half a dram. men

This Confection, without dispute, is a very excellent one, and held to be one of the best and purest Cordials that ever any Galenick Phyfician invented; for it repairs and recreates the Vital and Animal Spirits, cures the Palpitations of the Heart, and remedies Sweoning-Fits: it very much fortines the Brain. and all the Noble Parts, and is an Enemy to Putrefaction: it re-establishes the languish. ing and decaying Strength. and drives away Melancholy. and Sadness; and restores and preserves both Body and Mind in a good Condition. It may be taken upon the Point of a Knife, or dissolved in Wine, or in Broth, or in any Cordial or Cephalick Liquor. It is sometimes mix'd with Electuaries or Opiates either soft or solid: The usual Dose is from one scruple to one dram. It is also mixed in Epithems prescribed for the Heart and Liver, and rarely fails the Parent's Expectation.

Bermes, the Juice, its Virtues: Kermes, or Alkermes, is made of the Kermes-Berries. and brought from Marseilles: it is of a bright Scarlet Colour, well-tafted, and of the thickness of an ordinary Syrup. It is a very great Cordial; it discusses Wind and Vapours, cheers the Heart. revives the Spirit, helps Women in Travail, helps Nature, cures Wounds and wounded Nerves, relists the Poison of the Plague, and the malignity of Pestilential Fevers, and very powerfully and kindly drives out the Small-pox and Mealles. The Dose is from half an ounce to an ounce and an half, and may be taken in this Mixture, viz. the Juice of Kermes fix drams, Aqua Lactis Alexiter. four ounces, mix them together for a Draught. Or in this manner; Take the Juice of Kermes fix drams, the Tincture of Cochineel two drams,

drams, Aqua Lactis Alexiter. four ounces; mix for a Dofe a Syrup made of this Juice with double-refined Sugar: it is good to cut tough Phlegm, if mingled with a little Juice of Lemons or Citron; also to open Obstructions of the Breast and Lungs, and strengthen the Stomach; it causes a good Appetite, and is good against pestilential Diseases. A Water distilled from the Juice very much relists the Plague, and creates a good Habit and Constitution of Body.

Bernels of Beaches : Thefe bruised and applied to Inflammations allay the Heat, and bring Swelling Humours to a Head; there is an Oil drawn from them that in is very hot Inflammations good, and also to anoint the Stomach with, in fainting or

iwooning Fits. Bernels of Dine-Apples: The Decoction of them is taken with good fuccess by such as are of phlegmatick Constitution, or afflicted with Rheumatisms, as also to wash old running Sores with, and to cleanse Ulcers, and such-like Matters.

Ribes: Take Navel wort. the Leaves and Root, stamp it very small: to half a handful of both these, put two ounces of Linfeed-oil, and a quarter of an ounce of Alom in powder; mix them well together over a gentle fire, lons; they thicken, cleanse,

wash your Kibes first in Wa-.. ter and Salt, and being dryed, bind this on as a Plaister or Poultis. It is the same for Chilblains, and helps Corns. it being fo applied, when

they are newly cut.

Bibes Broke, to Heal: Take the Lungs of a Ram dryed and beat to Powder, mixed with the Oil of Earth-worms. and Linfeed-oil, and by applying it three or four times. and washing them with Urin, your Expectation will be anfwered: or if they be not broken, make a Plaister of Alom, Vinegar, and Mustard, and lay it on them.

Rioneys: If you find any Swelling in the Kidneys, by reason of Obstruction of Urin, Cold, some Blow received, or otherwise, Take the Oil of Roses and Quinces, of each two drams; warm and mix them well over a gentle Fire, chafe it on the Reins of the Back, and fwath the Body very warm with a Flannel Wrapper.

Ridnep=Beans: To enlarge upon these will not be amis, seeing so many and various Uses are appropriated to them.

They open Obstructions, provoke Urin, expel Sand, Gravel, and flimy Matter, strengthen wonderfully, and cause a good Colour in the Face, restore in Consumpti-

and stop Fluxes, as Diarrhœa's, Lienteries. The Decoction of them is good against the Stone; a strong Broth of them boiled till they are broken, diffolved and strained, is good against a Consumption. The Flower is used in Poultiffes, and to ripen Fevers. It eafes Pains outwardly, it takes away Freckles, Morphew, and Sun-burn, and other Deformities of the Skin. A Cataplaim made of it, discusfes Bruises in the Eyes. A volatil Salt made of them, is good against the Apoplexy, Epilepfie, Palfie, Lethargy, and Convultion, Gout, Stone, Rheumatism, Colick, and other Difeases of the Head, Nerves, Womb, and Joints. The Dose is from fix grains to ten. They are likewise pleafant for Food, and very nourishing.

Rioneys, their Pains Cured: Take five ounces of Maidenhair, Licorice five ounces; infuse them twelve Hours in three quarts of Spring-VVater; then boil them gently in a Bath, and press out the Liquid part, when a third part of it is confumed, and add, by well mixing, three pound of clari-

fied Sugar.

This not only helps the Diseases and Pains in the Kidneys and Sides, but also opens the Obstructions of the Lungs, provokes Urin gently, and ex-

pels the Gravel and Stone out of the Bladder; An ounce of it may be taken at a time in

any proper Liquor.

kidnep-Ppe, or Bally: Take the Kidneys of Veal, Fat and all, with some of the Meat, when the Loins of Veal are just roasted mince them very small with the Marrow of fix Bones cold to which add fweet Marjoram, Winter-favory and Thyme, very well bruised, or small fhred, Rosewater a quarter of a pint, half a pound of Currans, a fliced Nutmeg, half a pound of Sugar, and the Yolks of fix Eggs; and mixing them well together, let the Crust of your Pyes or Paflies be of Puff-past, and of but an indifferent fize. These, by fome, are call'd Marrow-Pasties: but then there is usually more of the one than of the other among the Ingredients: Thefe, being made very fmall, may be fryed in fweet Butter, or tried Suet.

We may before-hand perceive the Signs of this dangerous Distemper by a fixed Pain in the Loins, bloody Urin, or voiding Sand or Stones, the numbness of the Legg on the side of the affected Kidney, the retraction of the Testicles on the same side the Pain afslicts, a queasiness of the Sromach, and straining to Vomit. In this case, if the Person be

of a fanguin Constitution, about ten ounces of Blood may be taken from the Arm on the fide the Pain most afflicts; after that drink Possetdrink wherein two ounces of the Roots of Marsh-mallows have been boiled, and take the following Clyster, viz. The Roots of Marshmallows and Lilies, of each an ounce; the Leaves of Mallows, Wallflower, brank Urfine, and Camomel-flowers, of each a handful; Linfeed, and Fenugreek-feed, of each half an ounce: boil them in a convenient quantity of Water to a pint and a half; make a Clyfter, and after the rejection of the Vomit and Clyster, let a large Dose of Liquid-Laudanum be exhibited, viz. to twenty five drops, or fifteen or fixteen grains of Matthew's Pills. If the Patient be old. and much weakened by the continuance of the Disease, or it be a Woman much fubject to Vapours, especially at the beginning of the Paroxyfm, and she void black and gravely Urin, then omit the Bleeding; but in all other Cases proceed according to the Method prescribed.

Ridneys Alcerated: Take of China-root fliced very fmall two drams, Golden-rod, Maiden-hair, Bettony, Moufeear, Agrimony, Comfrey, Scabeous, Bugle, red Bramble-Leaves, Marshmallows, Pelle-

tory of the Wall, and Plantain, of each half a handful; then take one spoonful of French Barly, and a Stick of Licorice fliced very fmall, a handful of Raisins of the Sun stoned, boil them softly in a pottle of running Water to the confumption of a quart; and taking it off the Fire, add two ounces of the Conferve of red Roses, stir and mix them well together, and strain the liquid part through a fine Cloath, and keep it close stopped in a Glass, and drink thereof every Morning fasting about half a quarter of a pint pretty warm.

Bionep-Wort: It is otherways called Wall-penny-royal, or Wall-penny-wort : The Juice of it being drunk with a little fine Sugar, is excellent, cooling, and good in all Inflammations and unnatural Heats: Excellent is the diffilled Water of it in cooling a fainting hot Stomach, or heated Bowels, or hot Liver ; it takes away Pimples, or Redr ness in the Face, St. Anthony's Fire, and other outward Heats and Inflammations; it also easeth the Pain or Soreness of the Kidneys, occasioned by the Stone or Gravel; it provokes Urin, and is available for the Dropfie. The Juice being made into an Ointment, is excellent in easing the hot

Gout, or Sciatica.

kionep-Wort : The Juice, or distilled Water being drank is very effectual for all Inflammations and unnatural Heats. It cools the Bowels, Stomach, and Liver. The bruifed Herb. or the Place bathed with the Juice, or distilled Water. cures Redness and Pimples in the Face, and all other outward Heats and Inflammations, and has many peculiar Virtues for the Cure of the Stone, especially in the Kidney. In Bleeding and Wounds it is very effectual, as also in the Gout and most violent Pains in the Stomach, Bowels, and the like, helps Swellings in the Throat, and is very good to heal the Bliffering or Fretting of the Skin, by being applied. Some hold it to be good in the Disease called the King's-Evil. An Ointment made of it, and some of the Skin of the Leaf layed upon them, is excellent good in green Wounds, and to stay Bleeding of Wounds, or upon other Occasions.

king's=Cbil : Take a handful of the Herb called White-Archangel, flamp it fmall, and mix with it some Hog's-Lard, and apply it Plaister-wife to the Swelling or Tumour; or, Take the lesser Daisie; or common wild Daifie, usually growing on the Commons and in Fields, and stamp the Roots, and use

is likewife applied with very good fuccess in this Diftem-

per.

Bing's=Ebil, another : Let a quart of new Milk just boil, and taking it off, put into it two spoonfuls of Honey, which being diffolved with stirring, fet it on the Fire again, and let it boil about a Minute; so divide it into four parts, and drink one part warm early in the Morning, another about ten, another about four in the Afternoon, and the rest at Bed time: Do this daily a Month or two together, or less. On the Days you Purge, which must be once a Week, if you be a grown Man or Woman, you may take three quarters of an ounce of Caryocostinum disfolved in Poffet-drink, and keep your felf very warm, and be careful after it: Drefs the Sores, if they run, with any drawing Cerecloath, or a Plaister of Burgundy-Pitch. This Medicin, though not very promifing, is yet very famous for the many Cures done with it by a very charitable Lady, from whose ingenious Chaplain the Receipt was procured.

Ring's - Cbil, another : Take the Roots of Pilewort a handful, bruise and boil them in Hogs-Lard till they become crisp, after that press them hard out, and boil in them as the former. Figwort | the same Lard as many more

fresh ones, press them out again; and do this the third time, and then keep the Lard wherein they have been boiled, and with it anoint the grieved Parts twice or thrice

a Day.

Atinglisher: This is a Water-Fowl, blue, green and purple, very beautiful; it builds in the Winter by the Sea-shore, when generally for fourteen Days there is a Calm, which is the time of their hatching; which makes some believe this Bird has an instinct of Nature to know when the Winds will be still, and against that time prepares to build her Nest, and breed.

kingfishers fiesh is exceeding good for Consumptive Bodies, wonderfully restoring them, and making the Parties grow fat, fresh, and lively.

Take upon this Account of the Potestates two ounces, the Powder of Vipers a dram; mix them together for a Dose, and give them to the consump-

tive Party.

Take of the Flesh dried to Powder in an earthen Pot, set one ounce of it in a hot Oven, Amber half a scruple, Man's Skull a scruple, and it is a curious Remedy for those that are troubled with the Epilepsie.

Prey, and very ravenous; yet guent, it eases Pains in the Nature has so ordered it, that Joints, and is good to anoint

all Creatures shall one way or other redound to the Good and Benefit of Mankind, Some People, as the poorer fort in Germany, eat the Flesh of this Bird as a great Dainty; yet being a gross kind of Food. it is not used by us for Food: However. Take the Powder of that Flesh a dram, volatil Salt of Amber twelve grains, Sal Armoniack four grains: these being mixed for a Dose, are prevalent against the Gout. Again, Take of the Flesh of a Kite in Powder one dram. Salt of Man's Skull a scruple. Filings of Elk-hoofs, and native Cinabar, of each ten grains: mix these for a Dose against the Epilepsie.

kitcs-Albes (of the whole Kite) given in the same manner, as before-mention'd, are prevalent against the same Difeases, so also is the volatil Salt and Oil made by distillation, as Oil and Salt of Man's Skull, which may be given from twelve or sixteen grains to a scruple, in any conveni-

ent Liquor.

Attes-Blood: Anoint the Forehead and Temples with it, and it eases Pains in the Head, and prevents strange and frightful Dreams, causes Sleep, and sets a fair Complexion on the Skin: Made up with Oil of St. John's-wort and Wormwood into an unguent, it eases Pains in the Joints, and is good to anoint

the

the Head and Stomach with, in case of the Falling-sickness.

Kites-Dung : Take of the Dung of a Kite, the younger the better, an ounce and half, Camphire in fine Powder two drams, common Soap as much as will fuffice to make 'em into a Cataplasm. This applied hot, immediately eases the raging Pain of the Gout, infomuch that feveral Persons of Note, who have been troubled with this atflicting Diftemper, have caufed Kites to be taken, either the young ones, or others, and kept them tame as charily as their Hawks, for no other purpose than for their Dung.

faites-Greafe: This is good to anoint old Sores and Swellings, also Pains and Aches; it supples the Joints, and resists the penetration of sudden Heats. Iron Instruments rubbed with it, and afterwards heated in the Fire, become very hard, and are rarely after subject to rust or decay; as some say.

the Gout and Epilepsie, and also Convulsions. Take of the Powder three drams, oil of Rosemary and Lavender, of each five drops; and make them up into one Dose.

Rites-Celticles: Take of the Powder one dram, extract of Satyrion one dram and half; Powder of Vipers half a dram: mix them for a Dose, and for some time being taken it helps Barrenness, and causes Fruitfulness; 'tis exceeding good in Consumptions. To conclude, of a Creature so little taken notice of by most, few have better or more Virtues to do good in these kinds.

Enapheed, its. Virtue and Use: This Herb or Weed grows in Fields and Meadows about the Borders and Hedges; its Virtue is to stay Bleeding both at the Mouth and Nose, or any other outward parts, and those Veins that are broken, or inward Wounds, as also the Fluxes of the Belly; it stays the distillations of thin and sharp Humours from the Head upon the Stomach and Lungs; it is good for those that are bruised by any Falls, Blows, or otherwise; it is very profitable for those that are bursten and troubled with Ruptures by drinking the Decoation of the Root and Herb in White-wine, and applying it outwardly to the grieved Part; it is fingular good in all running Sores, Cancers, and Fistula's, drying up the moisture, and healing them gently without sharpness; it is of special use for the soreness of the Throat, the Swelling of the Uvula and Jaws.

knapivel : This grows in most Fields and Meadows, and about their Borders and Hedges, and in many waft Grounds. As for the time it flowereth, it is in June and July; and the

Seed is foon after ripe.

This Herb stayeth the Flux at the Mouth, Nose, and other outward Parts, also those Veins that are inwardly broken, or inward Wounds, as also the Flux of the Belly: It stays the Distillation of thin and tharp Humours from the Head upon the Lungs and Stomach: It is good for those that are bruised by any Falls, Blows, or etherwise: It is very profitable for those that are Bursten, and have Ruptures, by boiling the Herb and Root in Wine, and drinking the liquid Decoction sweeten'd with Sugar, and applying the Herb and Roots fo boiled as a Poultis to the grieved Part: It is fingular good in all running Sores, Cancers, and Fiftula's, drying away the Moisture, and healing them up gently: It does the like to running Sores, or Scabs on the Head or other Parts: It is of fingular use for the foreness of the Throat, Swelling of the Uvula and Jaws, or to stay Bleeding, and heal up green Wounds.

Anees Swelled : Take a handful of Goats Dung, and mix it with Barley-Meal, boil them in Vinegar and Water

till they become thick enough to spread as a Plaister, and then apply them to the Swelling, often renewing. This Plaister will quickly asswage the Pain, and in time remove the Swelling. It is also good for Swellings occasion'd by Pains of the Gout, or the like, in any Part of the Body.

Anot - Grafs : The common fort of this Grass (for there are divers forts of Knor-Grass) has a Root hard, woody, and fingle, and many Fibres: It's of an aftringent Tast, and has many Stalks fometimes standing upright, but oftner bending towards the Earth. The Seeds are pretty large, triangular, and of a dark Chefnut colour.

It closes Wounds, and contributes towards their healing, as being drying and affringent ! It stops inwardly Fluxes, and outwardly the Bleeding of Wounds: The Juice of it allays Inflammations, especially of the Eyes. A noble Man that vomited Blood. and had used many other Medicins to no purpose, upon the using this, viz. the Juice. had his Flux of Blood stayed. which elfe perhaps had not ended but with his Life.

unot-Grais: This kind of Grass springs up late in the Spring, and abides till Winter, when all the Branches perish: The Juice of it is

excel-

excellent in staying Bleeding, being drank in steeled or red Wine: It stays Bleeding at the Nose, being applied to the Forehead and Temples, or squirted up the Nostrils. It's good also for the Bloody-Flux, stops the Courses: It is singular good to provoke U-

rine, and is helpful against the Dysury, Gravel, Biting of venomous Beasts, Rheums, Worms, Heat, Choler, Inflammations, Imposthumes, Gangreeus, Fistula's, Ulcers, Cancers, and Wounds in the Ears, with many such like Distempers.

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Ace, or Point : To Wash and Starch these, Put your Lace, or Point, on a Tent, and make a ftrong Lather with Spanish-Soap, usually called Castile-Soap, then with a small foft Bush dipt therein, rub your Point or Lace well, but with a light and gentle hand, for fear of fretting it; continue to wash it on both fides for four Lathers; then rince it in Spring-water or Pump-water, which is all one: and after, pals it over on the wrong fide very lightly with white Starch made as thin almost as Water, and follow it with your Brush, then suffer it to dry, and with a round Bodkin, or Skewer, open the holes or parts that were clofed in the washing, as also set ! in order the Gimp or Overlayings, if it be Point, not fuffering it to ruckle; then

with a moderate hot Iron fmooth it gently on the wrong fide, and fet it out to Advan-

tage.

Lace of Dilber, &c. To cleanse this when it is tarnished, first rub it over with burnt Whiting in Powder once or twice; then by dufting it clear from the Whiting, and having ready fome Powder of burnt Alom, run it over with that finely fifted two or three times; and if the Silver upon the Lace be gilded, it will restore its faded lustre, and render it almost as fresh as at first; and so you may recover the lustre of any tarmified Plate, gilt or ungilt.

Ladies-Mantle is an excellent Wound-Herb, being hot, dry, and aftringent; it stops Bleeding and Courses: The Leaves, the Tops, and the Root, are given in Potions for Wounds with fuccess; as also are the Powders; the Plaisters and Ointments of it applied, are very good on that account. Rags dipped in the Decoction of it, and applied to a Womans Breafts when they are lax, makes 'em round and folid. It agglutinates inward Wounds and Ruptures: And the Decoction of it, or the Powder of the dried Herb taken in the Decoction, or in the distilled Water, is excellent for curing Burstenness in Children.

Take of Ladies-Mantle, Sanicle, Golden-Rod, Sengreen Bettony and Agrimony, of each a handful; Marsh-mallows, Fern, Flowers of Camomel, St. John's-wort, Mugwort, the Buds of Briars, Origanum, and Tormentile Leaves and Roots, of each a handful: put them into three Bags, and so boil them in the Fæces of Red-Wine, and apply them one after another. Thefe are very aftringent, and successful in stopping the Flux.

Ladies - Smocks, the Conferbe : Take this Herb and Brooklime, of each two handfuls; shred them small and bruise 'em, and then boil them in a quart of fair VVater till the greatest part of the Liquid is confumed: then wash them, and put to them an equal quantity of Sugar, and make them into a Conferve: Take of it fix ounces, and the Species of the three forts of Saunders, and Diarrhodon Abbatis, of each a dram and an half; Ivory reduced to Powder one dram: Salt of VVormwood and Tamaris, of each a dram: make of all these an Electuary with a convenient quantity of the Syrup of Coral, and take to the quantity of a quarter of an ounce both morning and evening, and it is an excellent Remedy for a hot Scurvy, and for removing Scorbutick

Humours, &c.

Lamb: This Metamorphosis may at first feem somewhat strange, though we can assure you it has been much in esteem, viz. to make Lamb of a Pig, in this manner: Take a fat Pig, scald him. and cut off the Head, flit him, and truis him up like a Lamb; then being flit through the middle, and flea'd, boil him a little while : then being draw'd with Parsley, as you do Lamb, roast it, and dridge it, and serve it up with Pepper, Butter and Sugar, and it will not be eafily differn'd from Lamb.

Lamb-fones fry d: Having parboil'd the Stones, put Butter into a Pan, mince the Stones imall, and put them into it; then strain them with fome Cream, Pepper and Cinamon made fmall; grate in some Parmisan or Holland-Cheefe, or old Cheshire-Cheefe;

and being strained, put them into the Pan again; and then being well fry'd, ferve them up with Sugar, and Rofewater. And in this manner, without any variation, you may drefs Calves or Kidsflones.

Lamb-stone-10 ve : Take fix young Pidgeons, as many Chickens, truss them and bake them with fix Ox-Palates well boil'd and blanched. and cut into little pieces; take fix Lamb-stones, and as many Sweetbreads of Veal cut in halves and parboil'd, twenty Cocks-combs boiled and blanched, the Bostoms of four Artichoaks boiled, a quart of Stewing-Oysters parboil'd, the Marrow of four Bones feafon'd with Nutmeg, Pepper, Mace, and-Salt; fill the Pye with the Ingredients, and mingle some Pistaches among them; grate in the Yolks of Eggs hard boiled, and covering all with a thin leaf of Butter, close it up, and put it into a little fair Water at the hole in the Lid : being baked, drain out the Butter, and liquor it with Gravy and Butter beaten up with Lemonpulp; or you may bake it in a Dish, cover'd with a Bisket-Lid.

Lamb to Souce : Bone your Side of Lamb first, soak it well in Water and Salt, wipe it dry, feafon it with Nutmeg, Ginger, and Sweet- worms, of each an ounce;

Herbs shred small, Coriander feeds, Lemon-peel, and Salt; lay broad flices of Lard over the Seafoning, then roul it up into a Collar, and bind it up in a linnen Cloth: boil it in Salt and Water, taking off the Scum, put in fliced Ginger, Nurmeg and Fennel, with Parsley-roots; and when it is almost boiled up, put in a quart of White-wine; and being boiled, take it off, and put in flices of Lemon, the Peel of two Lemons, and twelve Bay-leaves, and keep it close in a convenient Vessel for your use. In this manner you may fouce a Breaft of Veal, Kid, Fawn, or Venison.

Lambelike Menison : To order this that few shall discover it, Take Lamb, bone it, and dip it in the Blood of a Pig, or any other wholfom Blood; parboil it in Smallbeer and Vinegar, three parts of the first to one of the latter: let it stand all night, then put in some Turnfole, and bake it with Claret, Butter, Pepper, Cloves, Mace, and some sprigs of Rosemary, and it will afford you an excellent Dish.

Lamenels in the Limbs: This is many times occasion'd by fudden Colds, or Humours fetling in particular Parts. To cure or remove it, Take of Oil of Spike and Earth-

mix them well together, and bath the afflicted part as hot as may be well endured.

Lampievs, to Bake: Draw and fplit your Lampreys, take out the Strings in the Back, flea them, and truss them round; then having parboil'd them, let 'em be season'd with Pepper, Nutmeg and Salt: place a laying of Butter at the bottom of the Pye, lay on the Lampreys with fome fliced Onions, a few whole Cloves; and covering it with Butter, close it up: walh over the Lid with the Yolks of Eggs, and Beer or Saffronwater; and when it is baked, fill up the Pye with clarify'd Butter beat up with a little Red Wine.

The Italians bake 'em this manner; viz. The Skin being taken off, feafon it with Nutmeg, Pepper, Salt, Cinamon and Ginger; fill the Pye either with whole Lampreys, or those that are cut in convenient pieces, with the addition of Raisins, Currans, Prunes dried, Cherries and Dates; and covering it over with Butter, close it up; and being baked, liquor it with strained Almonds, Grapes, Raifins, Verjuice, Sugar, and Sweet-Herbs fmall chop'd, and boiled all together: then ferve it up with Juice of Oranges, White-wine, Cinamon, and the Blood of the Lampreys: Ice it, and ferve it. up pretty hot; or you may keep it cold, but not very

long.

pans, Baked: Roaft your Lampreys very tender, bafting it with Butter; and being roafted or cold, put it into the Pans with Plain or Puff-Paste, being first butter'd underneath; then season it with Pepper, Nutmeg, Ginger and Salt, Sweet-Herbs shred, Bisket-bread grated, slices of Lemon, Currans and Dates, and so close them up; and being baked, liquor them with Butter and White-wine, or Sack

and Sugar.

Land-fowl Boiled the French way: Take Green-Peafe, and put them into boiling Mutton-broth, with fome thin flices of interlarded Bacon; and being near boiled, put in some Parsley and bruised Aniseeds; strain some of the Peafe, and thicken the Broth; then add Pepper, grated Cheefe, Peafe or Flower, and sometimes Saffron or Mint, as your Relish best fuits: lay a few Sippits in the Dish, and pour this Broth on the Fowls; garnish the Dish with Flowers, sliced Lemon, and Spices, and ferve it And thus you may order Sea-Fowl with Green-Peafe, or Lambs and Kids-Heads, only dridging them over with the Yolks of hardboiled Eggs.

Land-Fowl,

Land-fowl, to Carbonade: The Fowl being roafted, cut them up, and sprinkle them with Salt; then fcotch and broil them, and make a Sauce with Vinegar, Butter, and the Juice of Oranges, garnish'd with slices of Orange or Lemon.

Languishing of the Parts: Take half a pound of Licorice, bruife two ounces; White Sugar-candy four ounces, Jelly of Calves-feet two pound; Mace, Cinamon and Nutmeg, of each a quarter of an ounce; White-wine a quart : boil them up to the thickness of a Jelly, and strain. them thorough a Jelly-bag, and eat of it both morning and evening, at least five or fix spoonfuls at a time.

Lapis Medicamentalis : Take Hungarian Vitriol one pound. Salt of Nitre half a pound; Ceruss, Alom, Bolearmenian, Salt of Glass, of each four ounces; Sal Ammoniack two ounces; beat them all very carefully, and mix them with White-wine-Vinegar; then bake them in an earthen Pot, over a gentle fire, till they become as hard as a Stone, and then preferve it for use.

Larks to Boil: Truss them, and cut off their Legs and Heads; boil them (having put a little Pariley and Sage finely fhred into their Bellies)

ter season'd with a little Salt, that has been boil'd, and often scumm'd before you put 'em in: then boil up, when the Broth or VVater is half confumed, large Mace, Dates, Marrow, Currans, Pepper and Salt; and being well stewed together, lay them on fine carved Sippits, and thicken the Broth with Almonds beaten and frained; add a little Rose-water and Sugar, and garnish with Lemons sliced, Barberries pickled, Sugar and grated Bread strewed about the Dish; and for Leer, strain grated Bread and hard Eggs beaten in Verjuice and some of the Broth. And thus you may boil and dish up all manner of fmall Birds well uced, as Quails, Rails, Thrush, Black-birds, Snites, VVheatears, Sparrows, Feldefers, Martins, Ruffs, Brews, Godwits, Knots, Dotterels, Pewits, Strenits, Ollines, Gravelens, Red-Shanks, &c. But as for the latter ten, this way is best approved by some

Cooks; viz. Let'em be half roafted, and stick on one fide a few Cloves as they roast; save the Gravy, and put them into a Pipkin with it and a little Claret and strong Broth so much as will cover them, some boiled Houshold-bread strained, also Mace, Cloves, Pepper, Ginger, fryed Onions, and Salt; stew in Mutton-Broth, or in VVa- them well, and ferve them up

on fine carved Sippets: and fometimes, for change, you may garnish with Lemons, and Sweet-Herbs shred pretty fmall.

Lark=19pe : Take a dozen of Larks fresh and good, two Penny Manchets, one pound of Currans, a quarter of an ounce of Cinamon, one Nutmeg grated, a quarter of an ounce of Mace finely beaten, a quarter of a pint of Rosewater, three Eggs, and a little Salt; work all these together till they are very well mixed, and make the Mixture into Balls as big as Walnuts; put them into the Bellies of the Larks; then having plac'd them in order, put a pound of Butter and a Lemon fliced over them, half a pint of pick led Barberries, and half a pound of Citron, and Lemon candied; a quarter of a pound of Eryngo-roots, and a quarter of an ounce of whole Mace: and when it is baked, put in Butter on the top of it, and ferve it up.

Lark Spurs : The Juice of the Flowers clear the Sight, and strengthen it: it is successfully used in Vulnerary Potions: the Decoction of the Flower in Wine, and drank with a dram of Saffron infus'd into it, removes Ob-

Lasks: Take a dram of Rhubarb, Baum, Mint, old Penny-royal, of each a pugil

ftructions.

or little handful: boil them in Claret, or Red Wine, and drink of the Decoction two ounces at a time in the morn-

ing fasting.

Lamn faded, to Recover: Take the Decoction of Vervain a quart, the Water that distills from the Vine when cut in the Spring-time, as the Sap is rising, half a pint; the Roots of Primrofes and Rofemary-flowers, a handful of each steeped a day in a quart of new Milk: mix all thefe together, and fleep the Lawns in the liquid part, being well strained from the grosler a night: when they are next washed, they will thicken, and become fresh. And by this rule, Muslings, Lace, and Tiffany are recovered.

Laration of Barts: You must spread Emplastrum Divinum upon foft Leather, and apply it to strengthen the Part weakened by the Sublax-

Lead-wort: This is good, bruised and applied to old Sores; also to kill Worms in the Flesh, by washing the Parts with the Juice of it.

Legs Inflamed or Micerated: To cure this, Take a quart of Spring-water, four ounces of White-Bread; add to it two ounces of Sheepsfuer cut very fmall : and having boil'd it a little, add an ounce of Rosin finely powder'd, and a quarter of

an ounce of fearc'd Brimstone, and spread them well mixed and temper'd on Cloth or Leather, and lay it to the Part grieved, and it will give sudden Ease, and in time work a Cure.

Lea of Mutton, to drefs after the best manner, either Roaft or Boil'd in that way they call Foro'd : Mince the Meat with Beef-fuer or Bacon. Sweet-Herbs, Pepper, Salt, Cloves, Garlick, raw Eggs, Chefnuts: then with all thefe together fill the Skin of the Leg. out of which the Meat was taken in order to be minced: prick it up, and either boil or roast it, according to your Discretion: make Sauce with the remainder of the Meat, and other Ingredients that will not go into the Skin, and with Gravy serve it up : garnish the Dish with pickled Grapes or Barberries.

Lea of Meal: To dress this with Rice, or a Knuckle, put it into your Cauldron or Pot, the Water being pretty bot; pur some Salt to it, and then put in some Mace, and Rice finely pick'd; walh some Raisins of the Sun, and when it is tender boil'd put in about a dram of Saffron, and to lerve it up on fine carved Sippits, with Rice all over it: pour on Broth, and run it over with beaten Butter : otherwise cover it with Paste cut like small Lard, boil'd in thin Broth and Saffron, or in white Broth, with Fruit, Spinage, Sweet-Herbs, and Goofe-berries.

Leg of Meal, another way : Stuff the Veal with Beef-fuet, Nutmeg and Salt; fo boil it, and keep it fcumming; put in some Salt, Parsley, and Fepel-roots, in a bundle bound up: then being almost boil'd, take up some of the Broth in a Pipkin, put to it some Raifins of the Sun, Mace, and Gravy; stew them well, and let them be thickened, which is best done with grated Bread and the Yolks of hard-boil'd Eggs; and before you dish up your Broth, have Parsley, Marjoram, Thyme, Sorrel, Marrigold-flowers, and Spinage ript or pick'd; bruise them with the back of your Ladle, give it a warm, and dish up your Leg of Veal on carved Sippits, and run it over with beaten Butter.

Leg of Meal, another way:
To dress this, Take out the
Meat, and leave the Skin and
Knuckle whole together; then
with fome Beef-fuer mince the
Meat so taken out, as also some
Sweet-Herbs; then season it
with Nutmeg, Ginger, Pepper,
Salt, and three or four Yolks
of hard Eggs, and cut into
quarters; Pine-apple-seeds, two
or three Eggs raw, Pistaches,
Chesnuts, and Artichoaks sliced; then with all these so
order'd fill up the Skin again,

and prick it with a Skewer, or fow it up close with white Thread; then boil it in two or three gallons of fair Water, and a quart of White-wine, if you think it convenient: fourn it, and take up some of the Broth, and put to it Piftaches, Chefnuts, Pine-apple-feed, Marrow, large Mace, flices of Artichoak bottoms; flew them together, dish it on Sippers of fryed Bread, put on Marrow, garnish it with fliced Lemon, and the Peel; run it over with beaten Butter, and so ferve

it up.

Lea of Weat Done o: Bone it, and Lard it, but first feafon the Lard with Pepper, Cloves and Mace, and the Veal with the same and a little Salt, and then strew minced Sweet-Herbs over it; roul it up like a Collar of Brawn; boil it or stew it in an Oven with Water, Salt, and Whitewine: ferve it in a Collar, whole or fliced; or fill it with Butter, the Liquor being put away, or bake it with Butter in a Roul: Jelly it, and mix some of the Broth with Almond-Milk and Jellies in flices of two Collars, and then ferve it up.

Lemons: They are very Cooling; the Juice of them is taken with fuccess in all hot Diseases: it likewise, if mixed with a little unstack'd Lime, cureth the Itch, cleanseth Spots, and destroyeth

Worms in the outer-part of the Body, in the Nofe, or parts of the Face or Breast, where they many times appear with their black Heads, even with the Skin like studs of Gunpowder: the Juice of them only takes away Pimples, and Redness in the Face: and if made into a Syrup with fine Sugar, it kills Worms in the Belly: it is given with fuccefs in all Fevers: if you steep Pearl in this Juice a confiderable time, they will diffolve. or become as foft as Wax.

Lemon=Bafte : Take Lemons that have plump and well-coloured Rinds, put them into Water, and in the boiling, thift them fix times, till they are tender: the first Water being feafon'd with a handfull of Salt; then put them into a Wooden Veffel, but be fure not into any of Mettal : beat them into a Pulp with a wooden Rouling-pin or Pettle, and strain them with very hard wringing thorough a coarse linnen Cloth: then take fomewhat more than what they weigh, in fine Sugar, and boil up what you have fqueez'd out of your Lemons with it to almost a Candy-height; then take it out, spread it pretty thin upon Plates, dry it in a gentle Oven or Stove, turn it, and cut it out into what Form you pleafe.

Lenten = Canste: Take Tansie, Fethersew, Parsley, M 2 Violet Violet-leaves; bruise them, and strain out the Juice into eight or ten Egs well beaten; them stamp Almonds with the Spawn of a Pike or Carp, and strain them with the Crumbs of sine Manchet, Sugar, and Rose-water, and fry it thin in sweet Butter, or put the Juice of the Herbs only strained with eight of ten Eggs; sty them in sweet Butter, and dish them up with Sugar; or you may put a little Flower and Rose-water to them.

Legiofic: Take crude Antimony well chosen and powder'd, about one, two, or three scruples, Morning and Evening, according to your Age and Strength, in a spoonful of the Syrup of Clovegillishowers, or Elder-berries: this, if need require, may be continued four or sive Months. So that if the first Dose prove beneficial, in cases not urgent, a scruple or half a dram may serve, not need it be continued for so long a time.

Lepiolic a Specifich:
Take one ounce of Pomatum,
the Flower of Sulphur a dram,
Sal Prunellæ half an ounce;
mix them very well into an
Ointment, and with it anoint
the Part afflicted.

Mettuce: They are cooling to the Stomach, qualifie Choler and Heat, dispose to Rest, and encrease Milk: they yield good Nourishment. In Phrensies, Madness, and Burning Fevers, &c. let them be applied to the Temples, and the Coronal Suture, and Wrists; but it is better to dip double Rags in Lettuce-water wherein Sal Prunellæ has been diffolved, wiz half an ounce to half a pint of the Water.

Lettuce-Stalks, to Candy: Boil them tender in Water ; and then having boiled up your Sugar to a Candy, put them into it; let them boil therein, then take them out, and lay them a drying in a warm place; and fo put them up in Boxes as a Sweet-meat. which much cools and moistens the Mouth. Being eaten when going to rest, they cause gentle flumbers. In this manner you may candy Fenelstalks, or any kind of Flower that is not extraordinary tender.

Lettuce-Water : This is an exceeding Cooling Drink: it allays the Heat and Difturbances of the Brain occasion'd by hot Vapours, and disposes to fleep. Eating the Herb boiled or raw, it qualifies the Heat of the Stomach, also the Effects of Choler, and encreases Milk in Women, yielding good Nourishment; yet it ought not to be eaten too excessively: Being applied Poultiswise to the Coronal Suture and Temples, and also the Wrists bound about with double Rags dipp'd in Lettuce-water wherein Sal Prunellæ has been dissolved.

viz. Half an ounce of the Salt to a pint of the Water, it proves exceeding helpful in Frenzies, Madness, burning Fevers, and such-like Distempers, occasioned by violent Heats, or Fermentations.

Leberinge-Dudding: Boil a Hog's-Liver very dry, and being cold grate it, taking as much grated Manchet as Liver, fift them through a fine Sieve or Cullender; feafon them with beaten Cloves, Mace, Cinamon and Nutmeg; you may, if you please, put in a little Ginger, but no Pepper; put then half a pound of Sugar, and a pound and half of Currans, half a pint of Rose-water, and three pound of Beef-fuet, eight Yolks of Eggs, and but four Whites; put these in the fmall Guts of an Ox, or the great ones of a Hog clean washed, and beware of breaking them in boiling, or you may do it in a fine Cloath fewed up narrow and long.

Licozice is in Virtue, abflersive, cleansing, and allayeth the bitterness of Humours,
and therefore is very good
for the Heat of the Urin, being chewed especially whilst
it's green or fresh; it allayeth
Hunger and Thirst, and retaineth that Virtue many
Days: The Juice of it held,
when very thick in the Mouth,
and there suffer'd to melt,
hath the same Effect. It is

good for the Breast and Lungs; and is therefore fuccessfully given to those that are shortwinded, and breath with much difficulty, or fuch as are in Confumptions, or Pleurifies. The Juice affwages prickings, not only of the Arteries of the Lungs, but the Bladder also, and does excellently relieve Thirst, as being tempered with moisture, and colder than our Nature. It is to be noted that the Root, in which confift all these properties, is much better being freshtaken out of the Ground, than when it is dry; and is exceeding more pleafant in the Tast when used in Medicins.

Lignum Columbation: This is a great Expeller of Poison; the Wood, Bark, and Root, being beaten grosly, and boiled in Whitewine, and drank hot about a quarter of a pint at a time.

Lignum Molucense: This is brought from the Molucca Islands in the East-Indies. This Wood is a great causer of Sleep. Taken inwardly or outwardly, it expels hot Poisons, being rasped and decoded in Whitewise. It likewise remedies the Biting of any venomous Creature. Ten grains of the Powder of it being taken in Rose-water, cures Wounds made by poisoned Arrows; yet has a

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scruple

feruple of it is a Dose for the frongest Man. When it is used for Purging, the Party that takes it must abstain from much eating: It purges Humours in general, but more particularly, gross, clammy, and melancholy Humours. It is good for quotidian Agues, and continual Fevers; for the iliack Paffion, Wind-Colick, Dropfie, and Gravel: for Difficulty of making Urin, Pain of the Joints and Scirrhus, and the King's-Evil. It kills all forts of Worms, and restores lost Appetite. Some use it against inveterate Headaches, and the noises in the Head. The Indians keep it fo choice, that they will scarce let a Stranger fee it, though the greatest use they know of it is to catch Birds withal, by boiling it with Rice; and when the Birds have eaten of the Rice boiled with it, they fall down in a Sleep; and if they eat too much they dye. And if in taking it, it work too much, let the Party take a little of the Decoction of Rice, and it will qualifie it.

Lily of the Malties: The Flowers and Leaves of this are held exceeding good for the Apoplexy, Falling-Sickness, Pallie, Giddiness, and other cold Difeases of the Brain. Take the Conserve of these Lilies, fix ounces; of the Powder of Male-Peony half and tunce, Man's Skull prepared

in powder three drams; the Seeds and Flowers of Male-Peony dried and powdered, of each two drams; Red Coral prepared, Pearl, and white Amber, of each a dram; the Salt of Coral four scruples, the Syrup of the Flowers of Male-Peony, a sufficient quantity to make into an Electuary. Take of this two drams Morning and Evening, against any of the before-mention'd Distempers; but especially in Fits of the Apoplexy, &c.

Lilv-Mater: This is distilled from white Garden-Lilies in a cold Still as you do Roses and other Simples. It is given with success to Women that have hard Labours, and to expel the After-birth. The Root of these Lilies are admirable in Cataplasms to asswage Pains and ripen Tumours: The Oil extracted from them, has not only the fame, but a more powerful Virtue. We find in feveral noted Authors, that they have mainly contributed to the Cure of divers troubled with the Dropfie, viz. The Juice mixed with Barly-Flower, and made into Bread, and eaten with their usual Diet, Thirty or Forty Days together.

Limbs to Comfort: Apply to the Part grieved a Plaister of Oxicrocium made in this manner: Take two ounces and a half of Saffron, Ship-pitch, Colophony, and

yellow

yellow Wax, of each four ounces : Galbanum, Turpentine and Ammoniacum, Myrrh, Olibanum, and Massick, of each one ounce and three drams: to the melted Wax, add the Pitch cleanfed from the Drofs and strained, next to that the Colophony : Thefe being melted, take them from the Fire, and let them cool a little; then add the Ammoniacum and Galbanum diffolved apart in Vinegar, and strained, and boiled to the confumption of the Vinegar, and mixed with the Turpentine; then sprinkle in Brankincense, Myrrh, and Mastick, in very fine Powder a quart; and in conclusion, the Saffron finely powdered and well mixed, and so make it into a Plaister.

This comforts and strengthens the Limbs, and is an excellent Emollient for Aches, and to discuss cold Tumours, or any cold Humours settled in the Joints, or afflicting the Nerves and Sinews, and consequently a very good

Gout-Plaister.

Limbs, a strengthening Plaister: Take Minion powdered one pound, Gerusse prepared half a pound, Soap ten ounces, common Olive-Oil a quart, Orange-slower-water nine ounces; boil them according to Art, till they become thick enough to spread on a Plaister,

This is very highly commended for firengthning the Ligaments, and the Marrix; being spread upon a round piece of Leather, and applied; it also strengthens the Backs of Women near Travel, and eases the Pains that frequently afflict them on that score.

Lime-Tree : The Leaves and Bark of this Tree repel, dry and provoke Urin: A Mucilage made of the Bark is good in Burns and Wounds. The Leaves bruifed and fprinkled with Water, discuss Swellings in the Feet. The Flowers are cephalick, and of a very fragrant Scent. The distilled Water is much in esteem for the Apoplexy, Falling-Sickness, and Giddiness; the Dole being from an cunce to an ounce and a half. It is likewise a great Beautisier of the Face; and drank with Water of Camomil it cures the Gripes. The Berries dryed till reduced to powder, are much commended for the Bloody-flux, and other Fluxes of the Belly. Being mixed with Vinegar, and put up the Nostrils, the Bleeding at the Nose is stayed.

Lime-Mater, to Make: Take a pound of clean quick Lime, flack it in a gallon of warm Water, and let it fland till all that will fubfide be fet-led to the bottom; and feparation being made, the Water fwim clear at top, at which

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ime

time it will often happen, that a kind of thin and brittle subflance, almost like Ice, will cover the surface of the Liquor: As soon as the Water is thus impregnated, delay not to pour it off warily, and keep it well stopped. This is useful on divers occasions, as to wash Sores, supple Pains and Aches, cure the Toothach, the Mouth being washed with it and a little Honey.

If it be defigned for Conlumptions, or Obstructions, it must be made thus: Take a gallon of Lime-water made as the former, insuse in it cold Sassaffras, Licorice, and Anniseeds, of each an ounce; adding thereto half a pound of Currans, or the like quantity of Raisins of the Sun stoned. The Dose of this compound Lime-water, is from four to five ounces, and may be taken twice a Day.

Limona de : To make this. Scrape the Lemon-peel as much as you think fit, into Water and Sugar, and add a few drops of the Essence of Sulphur, with some slices of Lemon, observing always to put half a pound of Sugar to a pint of Water. This is very wholfom for the Stomach. creates Appetite, and good Digestion, and is a very pleafant cooling Liquor; and incase of the Distemper, call'd Furor Uterinus, Take the Feathers of a Partridge, burn them

for a considerable time under the Party's Nose, so that the Fume may ascend the Nostrils, and drink a quarter of a pint of this Limonade after it.

thoring: Take of the Flower of Sulphur two drams, Oil of Eggs half an ounce, Oil of Roses one ounce, mingle them for the Liniment for application. Or,

Take of the Oil of Linfeed, the Pulp of an Onion well baked or roafted in Embers, of each two ounces; white Wax half an ounce: of these make a Liniment. Or.

Take Hog-Lice, and mash them, the Ointment of Poplar, of each an ounce; Extract of Opium half a dram: mix them; and make them up into a Liniment. All these are very proper to asswage the Swelling and Pains of the Hemorrhoids, and other violent hot Swellings, occasioned by infectious Humours.

Liniment to prevent Scars of the Small-Por: Take Litharge of Gold prepared, and well washed in Rose-water, of each one ounce; Oil of the four great Seeds cleansed, bitter Almonds and Eggs, of each half an ounce; Night-shade and Plantane-water, as much as is sufficient.

This

This Liniment is a great

restorer of Beauty.

Liniment for the Sciatica: Take three new whelped Puppies, as many live Moles, Earth-worms one pound, Lees of Rosemary, Laurel, Lavender, Mother of Thyme, and St. John's-wort, of each a handful: boil them in common Oil and red Wine, then strain and press them strongly out, and to the Liquor add of yellow Wax and Goose-grease, of each ten ounces.

This Liniment is much praised and commended for its excellent Virtue in easing the Pains of the Sciatica, and all forts of Rheumatisms and

Gouts.

Lintment for Tetters:
Take Mercurial precipitate, and green Vitriol, of each one ounce; Verdigrease and Borax, of each two drams; Juice of red Dock two ounces; Hogs-grease, and new Butter, of each four ounces; pressed Oil of Henbane one ounce.

This Liniment is excellent to cure Tettars, Ring-worms,

or any other Sores.

Liniment to stay Comiting: Take of the Oil of Nuts strongly pressed our, and the Queen of Hungary's Water, of each half an ounce; distilled Oil of Wormwood one dram, select Mastick sinely powdered two drams, and then make up a Liniment of it.

This being applied hot to the Stomach, immediately stays Vomiting, and eases the Defects of the Stomach, removing the Causes that force violent Vomitings and Strain-

ings.

Links to Make : Take the Fillet of a Leg of Pork, and cut it Dice fashion, seafon the Meat with Mace, Cloves, and Pepper finely beaten; mince a handful of Sage, mix it with a hand-ful of Salt, and put it to them; then hang the Guts in the Air till the moisture is a little taken out of them, then fill them, and hang them up a drying again; and when you fpend them, boil, fry, or roast them as you please: They also make a good Dish, stewed with divers kinds of Meat .

Linnen Scozch'd : To recover this Accident, if it be not gone too far, Take two ounces of Fulling-Earth, half. a pint of Whitewine-Vinegar, half an ounce of Castilefoap, half an ounce of Hensdung, and with two Onions quartered, boil them in a quart of fair Water, till it begins to be thick; then ler it cool, and being in a kind of a Jelly by putting in a little white Starch, spread it on the Place fo fcorched; and if it be but lightly done, it

will

in a wash or two, no marks of the Fire will remain.

Linnen Stained: Take two ounces of Caltile-Soap, boil it to a Jelly in a quart of Milk, keeping it from any thick curdlings; then if your Linnen has been flained by Fruits, or the like, spread it on as you do Fulling-eath, and suffer it to lye on all Night; and that being taken off, wer the Place with the Juice of Lemon; and in a washing or two the Stains

will disappear.

Lips Chap'D: Take the Brains of a Goofe, mix them with that of a Buck or Stag. and put to them fo much Deers-fuet, as will bring it into an Ointment, and with it anoint the Lip; or for want of thefe, take Litharge of Silwer, Myrrh, Ginger, of each two drams beaten fine; and then with Wax, Honey, and Olive-Oil, make them into an Qintment over a gentle Fire; and having rubbed your Lips over with your Tongue to supple them, put this Ointment on a Linnen-Rag, and lay it on your Lips when you go to Bed, and in the Morning you will find them reduced to a importantis, or at least in twice applying it. This may ferve for the Hands, Arms, Knees, or any other Parts appertaining to the Body.

Liquid-Imber : This is the Rosin that flows from a Tree that has Leaves like those of Ivy: It is much used in Phylick, it heats and strengthens, resolves, and is Anodyne; it comforts the Brain, the Head being anointed with it; it cures all forts of Pains proceeding from cold Causes. It provokes Appetite, firengthens the Stomach, and helps Concoction. It likewife gives Gloves a very fragrant Scent. It resolves Tumours, and opens Obstructions of the Womb, affwaging the Tumours of it. It is good to provoke the Courfes. Some cut the Wood of the Tree from which it flows into fmall pieces, and boil it, and take off the Fat that arifes from it, and fell it for the true Oil. Some Apothecaries fell that for Liquid-Storax. when indeed it has little or nothing of the Virtue of the Liquid-Amber, or Sto-

Liquor for Alects: Take the green Bark of Oak, bruife it well, and upon it pour good Lime-water, which before you are directed to make, and let the Infusion continue till the Liquor has acquired a deep Tincture, and with this wash any Ulcers, or old Sores, Bruifes, or Wounds, if need require it, twice a Day.

Liver Cooled: Take two Gallons of Whey new made,

and

and boil therein one Fennelroot, and one Mallow-root. their Piths taken out; bruise the Roots, with Senna, Borrage, Buglofs, Violet-Leaves, Endive, Sorrel, Agrimony, Scurvygrass, Watercreffe, and Cinquefoil, of each a handful; Licorice fix drams, Fennel-feed an ounce; Cloves, Mace, Cinamon, and Juniper-Berries, of each two drams: boil these in the Whey till one half be confumed; then strain out the Liquid part into an earthen Veffel: being cool. bottle it up, and drink it as you find occasion. It mainly fortifies the Stomach, and helps Digestion.

Liber Dbitruded : Take Lavender-Cotten, when flower'd, a handful, cut off the gross Stalks that grow toward the Roots, concoct the rest in a pint of Whitewine. sweeten it with some Powder of white Sugar-Candy, and drink a quarter of a pint of the Decoction Morning and Evening, as hot as may be. It likewise removes Obstructions in the Kidneys and Ureters, is helpful in the Jaundice, and kills Worms.

The Leaves and Flowers are also good to lay among Cloaths, not only to give them a good Scent, but to preferve them from fustaining any Injury by Moths and

Worms.

Liberwort: This is an excellent Herb for removing the Obstructions of the Liver. and Stoppages in the Bladder and Ureters, by drinking the Decoction of it in Whitewine. It is helpful likewife in the Taundice: and by outward Bathings, it cures the Itch and Gonorrhoea; and the ed Herb applied flops the Blood in Wounds.

Loabes of Cheele-Curbs : To make this, Take a Porringerful of Curds, and four Eggs. and fo much Flower as will make it stiff: after that, take a feafoning quantity of Ginger, Nutmeg, and Salt, and so knead and mould the whole mass into Loaves, and set it into an Oven moderately heateds when they begin to change colour, take them out, put melted Batter to them, with fine Sugar beaten in Sack, and then ferve them up as a dainty Difh.

Labster 2520il'd : Being boil'd, though but indifferently, lay them on a Gridiron, or toast them against the Fire, keeping them bafted with Vinegar and Butter, or if you like it best, with Butter alone; and being leifurely done, ferve them up with fliced Lemon, Nutmeg, and Butter and Vinegar beat up thick.

Lobster Bioil'd on Ba= mer: Slice the Tails round, and the Claws in long flices; then Butter a Dripping-pan

made

made of Paper, and lay it on a Grid-iron over a clear Fire; then put some slices of it seafon'd with Salt, the flices of Nutmeg, and fresh Eel, Sageleaves, Rofemary-tops, and two or three Cloves; or you may lay Bay-leaves, or Sweetherbs chopped; or, if the Fire be too hot; do it on Embers: and being well done, them up on a Dish or Flate, in the fame Dripping-pan: put to them the Juice of Oranges beaten up with Butter, and garnish it with slices of Lemon.

Lobfter to farce : When the Lobster is half boil'd, take our the Meat, and mince it, feafon it with fome Cloves and Mace beaten; and minced fweet Herbs mingled among the Meat; then put Yolks of Eggs, Goofeberries, Grapes and Barberries; fometimes the Bottoms of boiled Artichoaks cut Dice-fashion are used, or boil'd Afparagus; others will mingle Almond-paste with the rest; but however, when the Composition is fixed, fill the Lobster-shells, viz. Claws, Tail and Body, and bake it in an Oven not very hot; make for ir a Sauce with Gravy and White-wine: beat it up with Iweer Butter, the Juice of an Orange, and Anchovy diffold in a little Water. To this Farcing you may fomerimes put Almond-paffe, Currans, Goofeberries and Sugar, and make Balls with them to lay about the Difh, and then ferve it up with Venison-Szuce.

Lobfter fry'd : Take out the Meat of a boil'd Lobster, flice it long-ways, and flower it; fry it in fweet Butter, that it may be crisp and white, or put it in Batter of Eggs, Flower, Salt, and Cream, roul it in this and fry it: then make a Sauce with the Juice of Oranges, Claret, and grated Nutmeg; beat them up thick with Iweet Butter, rub the Dish over with a Shalot or an Onion; and having garnish'd it with flices of Oranges or Lemons, pour on the Sauce, and then ferve it up to the Table.

Lobster Dalh'd : Take off the Shells when the Lobsters are newly boil'd, mince the Meat very fmall, and put it into an earthen Pot or Pipkin with as much Claret-wine as will near cover it; then add Salt, fweet Butter, grated Nutmeg, fliced Granges, and a few Piftaches; and when it is very well flewed, ferve it up on Sippits, being run over with beaten Butter, and garnish'd with sliced Oranges, fome cuts of Paste, or Lozenges of Puff-pafte.

Lobsters Jelly'o: Take a Tench, draw him at the Gills; then put it into as much Water as will conveniently boil it; feason it with

Salt,

Salt, Wine-vinegar, and five or fix Bay-leaves; large Mace, three or four whole Cloves, and a bundle of sweet Herbs: and the Fish being boiled, take it up, and rub off the Scales, then strain the Liquor thorough a Jelly-bag, and put to it a piece of Ising-glass wash'd and steep'd, for that purpose, in fair Water, and boil it very cleanly, and run it thorough the Jelly-bag: and then your Lobsters being taken out of the Shells, lay them in a large clean Dish in slices, and run this Jelly over them. You may, for variety's fake, make this Jelly of divers Colours, by putting to it Saunders, Turmerick, Turnfole, or any fuch like Colours.

Garnish the Dish with Lemon-peel cut in branches or long flices, Barberries, and fine coloured Flowers. Thus you you may Jelly Craw-fish and Prawns; but they must be laid in the Dish whole, when the

shells are taken off.

Lobsters Marinated: To do this, Take them out of the Shells when they are parboil'd. lard the Tails with a falt Eel being parted in halves the longest way of the Eel; fry them in clarify'd Butter, or Olive-Oil, and when they are enough, put them into a Dish or Pipkin, and make a Sauce with Wine-vinegar, Whitewine, three or four fliced Nutmegs, and as many blades of large Mace, some fliced Ginger, and ten or twelve Cloves. with two drams of whole Pepper, and some Salt : put into this Sauce Winter-favoury, Thyme, Rosemary, Sweet-Marjoram, Bay-leaves, Sage and Parsley; then slice three or four Lemons: dish up the Lobsters, and pour these on the finely shred; and garnishing it over with some of the Oil or Butter they were fryed with, ferve them up pretty hot.

Lobster Dickled: Boil the Lobster in Vinegar, Whitewine and Salt, then take them up; and having Bay-leaves and Rosemary-tops, Savory, Thyme, large Mace, and whole Pepper, boil them in some of the Liquor the Lobster was boil'd in; in the middle of the boiling put in whole Cloves, then place the Lobsters in a Barrel, and put the Liquor to them, with the Herbs and Spice, and some Lemon-peel. In this manner you may keep them a long. time, and fend them fweet to any Part of England; which otherwise cannot be done: and when you ferve them up, do it with Spices, Peel, Herbs, and some of the Liquor.

Lobfter- Dpe : Take four boiled Lobsters, and a fat raw Conger, cut some of it into fquare pieces as broad as may be; then take the Meat of the Lobsters, and slice the Tails in

wo halves length-ways, as also the Claws, and feason both with Nutmeg, Pepper and Salt; then put Butter pretty thickly laid in the bottom of your Pye, and lay on the flices of Conger, and then a layer of Lobster; thus lay three or four layings till the Pye be full; then fcatter fome whole Cloves, Butter and Whitewine, or only clarify'd Butter.

If you design to eat it hot, feafon it lightly; and being baked, feafon it with Butter. White-wine, fliced Lemon, Goofeberries, green Grapes, or Barberries, and so garnish it with flices of Lemon, fome Red Beet-roots fliced, or Red Cabbage-leaves finely cut into

Flowers, Oc. Lobster Stew'd : Take the Vinegar of Claret, Nutmeg, Salt and Butter, stew your Lobster fomewhat dry, dish it in a convenient Dish, and running over with Butter. garnish it with sliced Lemon; or you may cut it into the fashion of Dice, and warm it with White-wine and Butter. put it into a Pipkin with Claret-wine, or Grape-verjuice, and grated Manchet, and fo fill a Scollop-shell, or other convenient thing, with it, and ferve it up garnish'd with Samphire.

Loches to Suppress: The fign of thefe, are a Swelling of the Belly, a heavy Pain in

the lower Parts, the Loins and Groin, Redness of Face, Difficulty of Breathing, and the like. To remedy or suppress which, apply the Hysterical Plaister to the Navel; then take this Electuary, viz. Conferve of Roman Wormwood. and Rue, of each one ounce Troches of Myrrh two drams. Castoreum and English Saffron, Volatile Salt of Amber. Sal Armoniack, and Affa Fœtida, of each half a dram : make these with Syrup of Violets and Rose-water into an Electuary, and take to the bigness of a Nutmeg every four hours. Then take of Ruewater four ounces, compound Bryony-water two ounces, Sugar-candy as much as will sweeten it into a Julip, and let the Party take her rest after the taking what is prefcrib'd, and the Effect will, no doubt, answer her Expectation.

Loin of Weat to Bake : If you put it into the Oven with the Bones, joint them very well, feafon it with Salt, Nutmeg and Pepper, and put it into your Pye; put Butter to it, and close it up, being fure always to have a welllealon'd strong Crust, liquor it with fweet Butter. In this manner you may bake a Breaft of Veal in either Pye or Pasty, alfo a Rack or Shoulder fluff'd with fweet Herbs and Beeffuet.

London Blaque-Water : See Aqua Epidemica.

Loofenels: To flay it, boil a convenient quantity of Cork in Spring-water 'till the Liquor tafte strong of it; then fweeten it, and drink a pint at a time, and in two or three times fo drinking he will find the effects of it. Or, Drink in the morning fasting a moderate Draught of your own Urine.

Lozenges of Flowers: Make a good Syrup of Sugar, then take the Blossoms or Flowers that are wholfom, of what fort you please, thred 'em small, and beat them in a wooden Mortar, and put in as many as upon boiling up will colour the Syrup of the proper Colour of the Flower ; then boil it with stirring till it may be taken clean from the bottom of the Pan, and fo thick that it will scarce drop out of the Spoon: then pour it on a wet Plate, and wetting your Knife or Spatula, spread it abroad to the thinness of a Crown-piece: then cut it like Diamonds, or in what fashion you please, and as the Virtue of the Flower is, and the Virtues of divers Flowers treated of in this Book, fo will the Lozenges be available.

Lucatello's Ballom. See . 25 attom.

Lumber : Dpe : Take grated Bread, Cloves and Mace

finely beaten, Beef-fuet cut fmall into iquare pieces, then Veal or Capon minced fmall. with Suet and fweet Herbs. Salt, Sugar, and the hardboiled Yolks of fix Eggs, and about half a pint of Cream; work them up in the Caules of Veal like Saufages, then put them into a Dish, and bake them to a half, and so your Pye being ready, and dried in an Oven, put them into it, with some Butter, Verjuice, Sugar, Dates, large Mace, and Grapes, or Barberries and Marrow; and when it is baked. scrape over some Sugar, and

ferve it up.

Lumber-Bre, to Dealon: Take any cold Meat (Beef or Pork excepted,) thred a pound of Beef-fuet to every pound of Meat; then put to them two Nutmegs grated, half an ounce of Cloves and Mace finely beaten, a quarter of an ounce of beaten Ginger, and the usual sweet Herbs shred very fmall; then work them up rogether (the Meat being likewise minced small) with a little Salt, and fix Eggs, into Balls as big as Pullets Eggs, and put into the Pye one pound of Currans, one pound of Raisins, and a quarter of a round of Dates fliced, and close up all with a pound of Butter conveniently dispers'd among the Ingredients. And if you will have it finer, make this Caudle and put into it; A quarter

A quarter of a pound of Sugar, a quarter of a pint of Canary, half a quartern of Verjuice, the Yolks of three Eggs, and about a quarter of a pound of Butter; boil them up to a thickness with a little Mace, and put it hot into the Pye, when it is about to be served

up to the Table.

Lunacy: This is a Distemper first seated in the Blood, and then afflicting the Brain. When the Symptoms of it first begin to appear, by extraordinary Flushing and Heat, and the Party talk wildly, Let Blood, but not too much, fourteen ounces is fufficient: Then take a quarter of an ounce of Rhubarb thin fliced, Angelica-roots an ounce, a fprig or two of Savine; boil these in a quart of Springwater till it confume to a pint, and let it be drank luke-warm at two Draughts, an hour's time between each Draught, fweeten'd with Sugar, and the Party put into bed, and a warm Caudle, or elfe fome strengthening Broth provided and fup'd up about an hour afterward: by a gentle breathing fweat the afflicting Humour will be dispers'd, and by degrees evaporate.

Lungs and Breast Difeases: Take the best Old Malaga, and distill it in a Glass Cucurbite in Balneo Mariæ: when you have drawn off the Spirit, change the Receiver, and continue the Distillation drawing off the Flegm until there remain in the bottom a substance like Honey; which pour out, and mix it again with the Flegm that you distilled last: drink of this Liquor two or three times a day, putting into every Draught a few drops of the odoriferous Spirit of Benjamin.

Lungs Intected: Take the Leaves and Seeds of Marsh-mallows, and boil 'em in Milk or Wine with a few Aniseeds and bruised Licorice, and let the Party drink half a pint pretty warm in the

morning fasting.

Lungs Inflamed: Take the Leaves of Red Poppy-flowers a quarter of a peck, infuse them in Spring-water very hot, but not boiling-hot, and let them stand twenty-four hours, then wring them out: infuse the like quantity of fresh Flowers, and having well press d them after a convenient standing, boil up the Liquor into a bath, till with its equal weight of Sugar it is made into a Syrup.

Half an ounce at a time is a fufficient Dofe; and being exceeding Gooling, it not only helps the Inflammation of the Lungs, but also Pleurisies; and is good in most Heats, or het Diseases, easing Pains in the

Head, and causing rest.

Lungs to Purge : Take Agarick Trochifcated three! drams; the Roots of Orris, with the Blue or Skie-colour'd Flowers, Mastick and Horehound, of each a dram; Turbith five drams; Sarcocol, and Troches of Alhandal, of each two drams; the Species of Hiera Picra half an ounce. Myrrh a dram, and as much Sapa as will amass them: and of this take half a dram at a time, and it gently purges the Lungs, carrying off those Humours that chiefly create their Difeases, and afflict them.

Lungs Billing: There is nothing better than the Water of Enula-campana-roots. stamp the green Roots in a stone Mortar, and mix with them half as much green Licorice; then distill it in a glass Still: Take of this Water half a spoonful at a time, whenfoever the Rifing doth trouble you: mix it with as much Old Malaga, if you cannot

take it alone. Lungs Ropt with flegm : Take Enula-campana-root well dried, Licorice and Anifeeds. of each one ounce; Flower of Sulphur half an ounce, Sugarcandy fix ounces; make aff into a fine Powder, and take thereof half a spoonful three times a day.

Lungs Stuff b: Take the Syrup of Penny-Royal or Ground-ly moderately tart, flamp in it Rofe-leaves and

Mugwort, and make them with the Syrup and Sugar into a Conserve; of which take a quarter of an ounce Morning

and Evening.

Lung-wort, its Virtues : This is Affringent and Drying, flops Bleeding, and cures fresh Wounds; stays the Flux of the Belly and the Courses; the diffilled Water, Powder and Syrup, are used with success for the Diseases of the Lungs, as Short-breathings, Coughs, Confumptions, &c. That fort of it which grows on the Oak, is excellent for curing the Jaundice, by taking a handful of it, and boiling it in a close floot Vessel, in a pint, or fomewhat more, of Small-beer, till half be confumed; and of this take three of four ounces, as hot as may be, both Morning and Evening.

Lupins to Boil: Take French Lupins and French Beans, and take away the Tops of the Cods and the Strings, and then having a Pan or Skiller of fair Water boiling on the Fire, pur them in with fome Salt, boil them up quick ; and being boiled, ferve them up with bearen Butter and a little Pepper. Garnish the Dish with Barberries, Lemonpeel and Endive, and to ferve them up, having made a Division or Separation of the

awo forts.

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Take

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Mcaroons, to Make: Blanch a convenient quantity of Sweet-Almonds, by putting them into hot Water, beat 'em, to a mash in a Mortar, and strew on them between beatings a little fine Sugar fifted ; and when they are well mix'd, add the Whites of Eggs and Rofe-water; and when they are of a sufficient thickness, draw over your Wafers a Feather dipt in melted Butter. and take the Butter up in spoonfuls and lay it on them, and bake them in a gentle Oven, Iced over with Sugar, dissolv'd in Rose-water.

Take the Gall of a Hare, boil it in a quarter of a pint of Whitewine: this being drank, causes the Party to sleep, and eafes the Labour and Disturbance of his Brain, until Vinegar be given him.

Take two good handfuls of it, thred thele mail and boil them in two quarts of fair Water till a third part be confumed; then Arain it, and boil up the Decoction with Sugar to a convenient thicknels, and take half an ounce at a time in any convenient Liquor. This removes

the tartarous and viscous Mucilage out of the Lungs, and is good for those that have Coughs. Shortness of Breath. and Pains in their Sides, or in the Bladder or Kidneys. The Powder of this Herb being taken four days together, provokes Urine, expells the Stone and Gravel, and is of great use for Children in Ruptures : Or for any of these, the speedier to facilitate the Remedy, you may take the Syrup of Maidenhair, and Jubebs, of each three ounces; Linfeed-oil, newly drawn, two ounces; fine Sugar two drams: mingle them, and make a Lohoch, and take about a quarter of an ounce every other Hour.

Abalances of the Shin: Take Oil of Roles half a pint, beat two ounces of Litharge of Gold to dust or powder with Vinegar, add a little of the Oil, as you bruise it in a Mortar with an iron Pestle, till the Litharge and Oil has so overcome the Vinegar, that it appears not, and it becomes a kind of a whitish Ointment; then put it up for your use, keeping it close covered.

This takes away Spots, Pimples, Sun-burn, Morphew, and Yellow-

Yellowness of Complexion; cures Itch, Scabs, Botches, Breakings-out, Tetters, Ringworms; kills Worms in the Skin, makes it smooth, and forces out the watry Humours, tending to Dropsies, by anoint-

ing with it.

Marchpane like Bacon: To make this, Take Marchpane-paste, work it with Red-Sannders till it has colour'd it: then roul a broad sheet of white Paste; and a sheet of red Paste, and so till there be three of the white and four of the red one on another, in a mingled fort every red between; then cut it overthwart, and it will look fo like Rashers of Bacon, that it will deceive the Eye, till you come to handle it: and fo having dried it, you may keep it for your use on any occasion.

Marchpane to Gild and Garnish: Blanch Almonds in hot Water, beat them well in a Mortar; put to them Sugar finely fifted, beat them and mingle them till they become a Paste : add a little Rosewater, then cover it with a sheet of Paper, make Impresfions round it with a Spur? iron, or Marking-iron, used in Pastry; Ice it over with Sugar, Rose-water and the White of an Egg beat up together: and heing drawn, garnish it with Comfies, cur Leaf-Gold or Silver in divers thapes, and flick it on with Gum-

cime

water; then strew grared Bisket and Carraways on it. If it happens to be Oily in beating, to remedy this, put in as much Rose-water as will make it as thin as Ice.

Marchpane like Hung-Beef: Work fome of the Paste with Red Saunders; spread it into a flatness; and the other being White, lay

them one on another; and when it is dried and cut fine, it will, at first fight, appear

like Interlarded Beef.

Marchpane to Ice : Blanch two pound of Almonds, bear them in a Mortar into a fine Paste, add to them a pound of fine Sugar, and by mixing them well together, they will thereby become a good Paffe. Observe, as you mix them, to prevent their turning to Oil. you must put in a few spoonfuls of Role-water, thence ver the Marchpane in a sheep as big as a Charner, and fer an Edge about it as you do about a Tart, and a Bortom of Wafers under it then bake it in an Oven or Baking Pan, and when you perceive it dry and hard, take it out, and kee it with Rofe-water and Sugar. being made as thick as Batter for Fritters: to with a Wingfeather of a Duck or Goole, spread it on, and again put it into the Oven, and when in rifes high, take it out, and garnish it with the Figures of Birds, Beafts, Leaves, nother

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like,

like, made of the fame fluff. and flicking long Comfits upright in it, ferve it up.

Marrigold-Mater its Virtues: This is an excellent Water for Inflamed Eves : being dropt in them, it takes away the Inflammation and Redness; or a Rag dipped in it, may be applied to the Eyes with the fame success. The Flowers are very Cordial and Hepatick, they provoke Sweat and the Courses: There is therefore an excellent Conferve made of them, after this manner: Take of Marrigoldflowers two ounces, Confe-Stion of Kermes and Hyacinth two drams of each, the Powder of Pearl an ounce, and as much Syrup of Citron as will make them into a Conferve. by mixing and bruifing them well together with a fufficient grantity of fine Sugar; take of it about a quarter of an ounce Morning and Evening: it is a great Cordial for refresh. ing the Spirits, and a Prefervative against the Plague and Peffilential Fevers.

Marrigold-Bower-Wlater: Take the Flowers of Marrigolds a quarter of a peck, and diffill them in a cold Still ! then take a fine linnen Cloth and wet it in the diffilled Water : this applied to the Forehead, helps Pains of the Head: The Eyes washed with it, removes Inflammations; and drank in hot Difeases, is very

available and beneficial to the

Party grieved.

Marjoram Conferb'd : Take the Tops and tendereff part of Sweet Marjoram, two handfuls or more, as you require; a greater or lesser quantity of Conserve; bruise it very well in a wooden Bowl or Mortar: add twice the weight in Sugar, boil it up with Marjoram-water till the Sugar comes to the thickness of a Syrup; then put in the beaten Marjoram, and it will

be a rare Conferve.

Marks, to Prevent: In cafe of the Small-pox, Meafles, or fuch violent Distempers as leave Scars behind them, Take Litharge of Gold in fine Powder. White-bread or Cerus washed in Rose-water, of each an ounce; Oil of the greater Cold Seeds, and of Bitter Almonds, and Oil of Eggs, of each half an ounce; Nightshade and Plantane-waters, of each half an ounce, or fo much as will make it into an Ointment by grinding it in a frong Mortar, pouring to it fometimes of the Oils, and sometimes of the Waters; and with this anoint the Face and Hands when the Scab or Scurf is green, and it will keep them from Pitting or Scars.

Marmalabe of Cherries Take Cherries not too ripe. fairest you can get; and having froned them, lay them in a Preferving-pan over a

gentle

gentle Fire, fo that they only simper but not boil; then take out a part of the Liquor, leaving only fo much as will moi-Ren them; then put in fine Sugar, and boil them up over a quicker Fire, bruise them well, and continue strewing more Sugar till the Colour is very good, then take them off. and being well incorporated, put them up into a Glass or glazed earthen Veffel, and they will keep a confiderable time; and being carefully look'd to, and fet dry, you will find it good for twelve Months.

Marmalade of Bed Currans: This is an excellent way, if well observed, viz. Take of Red Currans when ripe, clean pick'd, squeeze out the Juice of some of 'em. and put the reft into it, adding the Juice of Raspberries; boil them together gently, and when the Currans that were whole begin to break, boil up an equivalency of Sugar to a Candy height, and put in the Currans, letting them boil with the Currans again, and iprinkle into it Rofe-water; and when it comes to the thickness of a Marmalade, having taken off the Scum if it rifes, put them into a glazed Pot, being mash'd as they boil till none of them remain whole: and fo when this Marmalade is cold, flice it for your use, and it will prove of an excellent Tafte, and is good to moisten the

Mouth, and comfort the Stomach in Fevers, or other hot Difeafes.

Marmalade of Dama: fcens : Take about two quarts of the largest Damascens when they are ripe, but not overripe, pare off the Skins of three pints of them; put 'em into an earthen Veffel, placing those you have not skinned undermost, put as much fair Water as will cover them into a Kettle or Pot; and when it boils, put in the Pipkin, or other earthen Vessel into it. close stopped, so as the Water cannot get in; and when they are, by this way of Infusion, tender, take off the other Skins and Stones out of them all; then take their weight of Sugar, put it to the Pulp, and fet them together over a Fire, till it boil apace: keep it clean scumm'd, and when it is boiled to a height, put it into a glass for your ufe.

Marmalade of Graves : Take White or Red Grapes, as you defign the Marmalade for Colour, let them be gathered in a dry day, and dry them afterward on a Table when they are separated from the Stalks; then boil them in fair Water, often scumming them, whilft the Water is reduc'd to a third part, and then let there be but a gentle Fire under them; and when you find it thickened, strain it

thorough

horough a Sieve; boiling it once more, add a small quantity of Sugar, and so put it up when cool, and cover it close

for your use ode

Marmalade of Pippins: Take the best Pippins when they are newly gather'd, and nor too ripe, pare them, and take the Core out, then put to them their weight in fine Sugar, put them into a Preferving-pan, and pour upon them as much Spring-water as will cover them; boil them with a quick Fire, till you find them by trial Jellied on a Plate when cold; then take it off the Fire, and put into it a little of the Scrapings of Lemon-peel, and a like quantity of the yellow Rinde of Oranges boiled tender, (casting away their first Water, to correct their Biter nefs,) cutting them into nare row flices and fo bruifing them all together into a Pulp: 1:t the Sutstance cool in eart'ien Pans or Pots, and fet 'em in an indifferent dry place, firewing some Sugar over the Marapalade, and it will keep well a Year or two.

Quinques, pared and cored, fifquinques, pared and cored, fifteen pound, three pound of fine white Sugar, a quart of fair Water, flew them over a gentle Fire, and as they grow dryen, add a little Rose-water, and Whitewine or Canary, as the Scent best pleases; squeeze out the Juice and Pulp, and put to it four pound of Sugar more, a little more Rose-water and Orange-water, try it on a Plate, and if it comes clean off, it is sufficiently enough; then take it off, and let it cool, put it in Boxes, and strew over it some persumed Comfits, and keep it close for use.

Marmala de Alhite: Take fix pound of Quinces, pare and core them, and then boil 'em to a Pulp, put to it two pound of Sugar moistened well with the Juice of Quinces; boil them gently together at first, till the Liquor be swelled out of the Quinces, and the Sugar dissolved, and all come into a convenient thickness, and so put it up for your use.

Marrom, a fine Dish: Take the Marrow of two or three Bones, cut it square like Dice, and put it into a penny Manchet grated fine, with some Dates cut in halves, and a quarter of a pound of Currans, seven or eight spoonfuls of Cream, roasted Wardens, Pippins, or Quinces sliced, and two or three Yolks of raw Eggs: season them with Cinnamon and Ginger; bake them, and serve 'em up.

Marth-Dalloms: Though these are very common, yet they are of much Virtue and Value in their Use, viz. the Leaves sod in Whitewine or Milk, and eaten, take away Hoarseness; and being beaten

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with Sage-leaves, make a fingular Poultis for Wounds, or Inflammations Bruifes They also are good against the Biting of any venomous Greature, being applied Poultifwife with Leeks and Onions stamped wery "Imall. The Juice, if dropt into the Ear, appealeth the Tingling, Singing or Buzzing Noise in the Head. The Herb and Root concocted till the Concoction feem fomewhat clammy, and Iweetened, wiz. the Liquid part, with a little Honey, is fuccessfully given to Women. to restore Strength, after a hard Labour in Child-bearing. The Seed, if powder'd and drank with Red Wine, prevents excess in Vomiting, Six ounces of the Juice of Mallows, sweetened with a little Sugar, extremely removes Melancholy, and are of fuch virtue, that they were call'd by the Antients Omnia Morbia, that is to fay, Good against all Diseases.

Malloms citild: These are another fort, which Physicians distinguish somewhat from the former, though their Virtues are little less; being sod in White-wine, or Water and Honey, they expedite the healing of Wounds, by washing them with their Concoction: and being applied Poultiswise, they are good totallay the Swellings of the Kings-Eyil, draw Impost-

Inflammations of the Breaft, and help Ruptures of the Fundament, Ventolities, and Shrinking of the Sinews. The Leaves bruifed, with a little Oil, are applied for Bitings, Burns or Scalds. The Seed powder'd, and drank in Whitewine, is good against the Dysentery, and Flux of the Belly.

Matter-most, its Virtues: It cures the Birings of venomous Creatures, being stamped and applied to the Wound with Bay-falt. It is given in malignant Diseases, helps Expectoration, sweetens an offensive Breath. 'Tis also accounted good for the Dropsie; and a piece of it stopped in a hollow Tooth, eases the Pain thereof.

May = weed : This Herb, though very common, and of no pleasant fcent, is nevertheless of admirable Virtue: for, if boiled in Ale or Small-beer, with Figs, Licorice and Anifeels, of each an ounce, and the Decoction drank hot, it eafes the Colick, and all violent Pains in the Bowels : If heated between two hot Tyles, with Elder-leaves, and applied, it draws the violent Heat of the Fever from the Head. The Decochion in Whitewine is fuccefsfully given for the Kings-Evil, and other Diseases. it medurbas

Bead-Wibite : Take Rofemary, Thyme, Sweet-Briar, Agrimony-wood, Betony, Eye-bright, Roman Wormwood, and Scabious, of each a like quantity, which is the fixteenth part of a bandful each; cover them with Water in a wooden Vessel open at the top, and let them freep a Night and a Day, and then boil them very well in another Water, till the colour be very high, then in another quantity of Water boil them up till the colour looks green; and fo let it boil as long as any greeness continues: then with the Herbs in it, let it stand a Day and a Night, and to every gallon of Water, put two pound of clear Honey, the Clouor first strained from the Herbs, and when it will bear an Egg to Three-pence breadth above Water, work it together until the Honey is quite disfolved; then after a Night's fetling boil it again a quarter of an Hour with the Whites and Shells of fix Eggs, then frain it : let it cool, and put it up with Cloves, Mace, Nutmegs and Cinnamon bruifed together, being hung in the Cask in a Bag; and if you require it to drink very fpeedely, take the Whites of two or three Eggs, a spoonful of Yeast, and two spoonfuls of Wheaten-flower : beat them together, put them into the Cask, and when it has work- best without any more ba-

ed, ftop it up with Clay and Bay-falt well tempered, and fo

it will keep long.

Meafles : Take two or three grains of Saffron, dry it well by the Fire, and then put it into a Rag, and tying it, infuse it in Posset-Ale, and then press it; or it may be done in Mace, Ale, or Whitewine till all the Virtue of the Saffron is exhausted in the Liquids, and let the Party drink it, keeping very warm: And if in this Distemper, or the Small-pox, (for it is good in either) there is a foreness in the Throat, do thus:

Take half a dram of dried Saffron, tye it as the other in a Rag, and boil it in half a pint of new Milk till the Milk becomes very yellow, then boil in it a Stay of Linnen, and put it wet and warm under the Throat where the Sore is; and when that is cold and dry, put on another to ordered : and this will in fix or eight Hours take away the Pain, or

Sorenels.

Meat to Boaft : When Capon, Chicken, or Fowl has been long enough before the Fire, and thoroughly hot. that they require baffing, do them once over very well with fweet Butter, dridge them over with Flower, and by so doing, it will make a thin Crust that will keep in all the Juice, so that they are fting

fling till they are enough; then baft them well with Butter, as before, which will make the Crust relent and fall away: this being done, and they grow brown on the outlide, fprinkle them over with a little ordinary white Salt in groß Grains, then baft them over with Yolks of Eggs finely beaten, continuing fo to do till another Cruft of the Eggs arise on them. and they are fufficiently enough to dish, sauce, and ferve up to the Table.

Medicine for the Scone: Take a Male-Kid of nine Months old, keep him up in a close Place, and feed him with Smallage, Parfley, Fennel, Pimpernel, Ivy, and Lovage, and kill him in the Month of August when the Sun is going into the Sign Cancer. and receive the Blood in a clean Vessel; take off the thirmest part, and Water, and dry the rest in an Oven till it may be powdered. Take a dram of it in Whitewine, wherein Onions, or Lily-roots, are infused.

Mediats to Wieferbe : Scald the fairest of them, when indifferently ripe, fill Skin may be eafily taken off: then from them at the Head. and add to each pound of them, a pound of fine Sugar diffolved in the Liquor till it

them up in a close Pot for your Use.

Megrim : Take a large handful of ground Ivy, commonly call'd Alehoof, wash it clean, and dry it well by fwinging in a Cloath, shread and bruife it a little in a Mortar, boil it in a quart of frong Ale to the confumption of a pint, and drink it hot in the Morning fasting. cures Pains and Inflammations, Defluxions in the Eyes, and is good against the Jaundice and Coughs of the Lungs, Confumption, Stone, and Gravel, Obstruction of the Liver and Spleen; and, according to the Learned and Judicious Sir Kenelem Digby, being applied to a Fellon like a Caraplasm, it cures it by ripening and kindly breaking it, being admirable likewise for old Sores that want cleanfing, if a little Honey and Copperas be mixed among the Juice.

Megrim: This dangerous Distemper in the Head is removed by taking an ounce of Honey, Whitewine-Vinegar, the White of an Egg beaten to Water, Pepper and Frankincenfe, of each two drams: bruife and mix them well together with some Flower, as much as will thicken them to a Past, and spread some of it on two pieces of Silk, or become ropey: then take Leather, and apply them to them from the Fire, and pur the Temples, observing to

renew

renew them Morning and

Evening.

Megtim, or Mertigo: Take Aaron-roots, cut them small, and steep them in Whitewine twelve Hours, then pour fresh Whitewine ppon them, and fleep them a considerable time; then dry and reduce them to Powder. Take of this Powder two ounces, Acorns, and Burnet, of each an ounce; Crabs-Eyes half an ounce, Cinnamon three drams, Salt of Wormwood and Juniper, of each half an ounce; Sugar of Rofes an ounce : make these into a Powder very fine keep them close stopp'd, and take a dram at a time in an ounce of Mint and Betony-water. This is a good Cephalick, and Excellent, especially against the before mention'd Grievances: It also removes Coldness and Weakness of the Stomach. Wind, Stone, Quartan-Agues, and all tartarous Obstructions: The Dofe, to a strong Body, may be augmented to two drams. Take it in Cana-

Myellations to Bake: Wipe them clean, and put them in a Pye made Scollop-wife, or fome other quaint Device of Paistry; put them in whole, with their weight in refined Sugar, close it up, and whem it is baked, ice it over with Sugar and Rose-water: Sometimes, for change,

you may add fmall bits of Cinnamon, or whole Cloves and fliced Ginger.

Melancholy : Take Borrage-flowers, Clove-Gilliflowers, Couslip-flowers, and Conferve of Roses, of each an ounce; preserved Citrons two ounces, Alkermes half an ounce, preserved Nutmegs, and Mirabolans, of each half an ounce; Bezoar 15 grains, Tincture of Saffron half a dram: mix thefe together, and make them up into an Electuary with Syrup of Clove-Gilliflowers, adding two or three drops of Oil of Cinnamon, and take a quarter of an ounce at a time, and after it a glass of Canary when you find your Spirits lumpish, dull, or heavy.

Melanchel v, another: Before you eat any thing in the Morning, and so consequently before every other Meal, drink a glass of Claret with a spoonful of the Syrup of Clove-Gillistowers; and after Dinner, a quarter of an Hour, eat some Marmalade of preserved Quinces, or Citron.

Melanchol p, another: Take Horselesches, and place them to the Fundament, and at Spring and Fall purge with Mechoacan-Ale, or some such like easie Purging-Ale, for the space of a Fortnight; then take Conserve of Roses two ounces, Bugloss and Marrigolds the Conserve, of each an ounce; Powder

Powderof Cinnamon onedram: make these into an Electuary with the Syrup of Field Poppies, and take about a quarter of an ounce at a time, washing it down with a glass of Sack, or some warm Ale.

Borrage and Buglofs-flowers, the Conferve of them half an ounce each; Alkermes, the Confection of it, one ounce; Diamber, a penny-weight, Aromaticum Rosatum, two penny-weights; two Leaves of Gold: imbody these well together, and make thereof an Electuary, and take a little of it every Morning fasting, or at any time when you are Afflicted, Pensive, or Melan-

choly. Melancholy, a Cordial-Water: This Water the famous Dr. Butler recommended to the World out of his large Experience of its Effects, viz. Take Pinks; Marrigolds, the Flowers of Coullips, Clove-Gilliflowers, Stock-Gilliflowers, fingle and damask Rofes, of each three Handfuls; the Leaves of Baum, the Flowers of Borrage, and Bugloss, of each two handfuls ; infuse thefe stamped well in a quart of Canary, put them into a close earthen Bottle, or Jug, stopped with a well boiled Cork, often shake them, and after two Days put to them Annifeeds bruifed one dram, Saffron two penny-weights,

and within twelve Hours after, distil them in a cold Still with a quick Fire, hanging at the Nose of the Still a little Ambergrease and Musk in a fine Linnen-Rag; and when the Water is distilled, put into it six ounces of white Sugar-Candy in powder; and put the distilled water in a glass two Hours in hot Water.

This Cordial taken three fpoonfuls at a time, three times a Week in the Morning fasting, or oftner, if you find your felf oppress'd, or afflicted, expels all melancholy Fumes, and infinitely comforts the Heart and vital Spi-

rits. Melanehol p,a Diet-Drink: Take Fumitory-Hops before they are ripe for gathering. and Borrage, of each a pound: boil them in two gallons of Spring-water, till they come to the confumption of half : strain out the Liquid part, and fweeten it with Sugar-Candy. or Honey, and let it stand a. bout eight Days to settle and digest, and drink a moderate Draught of it in the Morning fasting, and the like at Night when you go to Bed, and it will much enliven the Spirits. and remove the Caufes of Melancholy.

Take Epithymum, Fumitory, the Flowers of Buglos, and Borrage, of each a quarter of a pound, Senna half an

ounce,

ounce, Poly-podium of the Oak an ounce, Fennel-feeds two drams, Whey three pints: infuse them three hours, and then boil them to the Confumption of a quart, whereanto add two ounces of the Syrup of Roles, and when you drink half a pint of it warm in a Morning, ftrained and ferled, mix with it a dram of the Electuary of Rofes; and in two or three times taking, you will find wonderful Eafe and Comfort : And fo. as often as you find your felf oppressed with Melancholy. wie it in the manner prefcribed.

Metion: This is cold and moist. Take of the Seed, and that of Pompion, half an ounce, the Seeds of white Poppies two drams, and eight Almonds blanched; beat them in a Mortar, mix them with a pint and half of Barlywater; strain and sweeten it with fine Sugar, and make an Emulsion for the Heat of the Urin.

spelilot: This Herb mollifes and eales Pain, for which purpose it is frequently used in Cataplasms. To ease the Pains of the Pleurise with it, take the following Fomentation: Melilot and Pellitory, of each two handfuls; Betony one handful: make a Decocion, and often wash the Breast, or Stomach with it.

Mermaid-19pe: Take a Pig, scald it, and bone it : and having dried it well with a Cloath, feafon it with beaten Nutmeg, Pepper, and chop'd Sage; then take two Nears-Tongues, when dried and cold after boiling, and flice them in lengths, and as thick as a half Grown, and lay a quarter of your Pig in a square or round Pye, and the flices of the Tongue on it; then another quarter, and more Tongue: and thus do four times double, and lay over all these some slices of Bacon, fcatter a few Cloves, put in fome pieces of Butter and Bay-leaves, then bake it; and when it is fo, fill it up with pieces of fweet Butter, and make your Past white of the Butter and Flower.

This Pig, or Mermaid-Pye, fo called, is to be eaten cold.

Metheglin, its Virtues; Metheglin has been highly held in Esteem in this Nation. and is of excellent use among us, if rightly made; nor can it be otherways, fince Honey, its principal Ingredient, is the Collection of fo many Herbs, Plants, and Flowers; and no doubt the quintessential part of them. It's an excellent Pectoral, good against Confumption, Phthisick, and Afthma: It is cleanfing, and diuretick, good against the Stone and Gravel: It is restorative

and strengthning, comforting the vital Part, and affords good Nourishment. To make it then, take these following Rules.

Methealin, a new way: Take Hystop, Agrimony, Burnet, wild Thyme, Baum, Mint, and Fennel, Rofemary and Angelica, and other fuitable wholfom Herbs that have strength in them, of each about a quarter of a handful: boil them in a fufficient quantity of fair Water, till tender; then press out the Water, and let it stand a Day and a Night to fettle : draw off that part which is clear, and put two quarts of Honey to two gallons of it, and fo proportionably; let it boil an hour, keeping it clean from the fcum, then fet it a cooling, and being cold, add a little Ale-yeast, and put it into a convenient Vessel, covering the Bung with a wet Cloath; and when it has worked, at three Days end take off the Yeast, or leave it behind, by drawing it off, and putting it into another Vessel, in which it must have vent for three Days longer: then flop it up clole, yet when you hear it make a noise, you must give it vent with a Piercer, or elfe, if it force not out the Conk, it may happen to break the Vessel: If you think convenient, you may make a Bag, and put in good ftore of Ginger fliced, alfo Cloves and Cinnamon, fuffering it to hang and infule to, as not to touch the bottom, and at two or three Months end, you may, if you think

fit, draw ie off.

Metheglin another way Take Spring-water, and boil it with Rolemary, fweet Marjoram, Sage, Baum, and Saffaffras, until it has boiled three or four Hours, the whole quantity of Herbs not needing to exceed one handful to a gallon of Water, of each an equal proportion; and when it is boiled fufficiently, fet it to cool and fettle ? whole Night, then strain it, and add Honey the best, then fet it over the Fire, and take the Whites of twenty or thirty Eggs, beat them very well, and when it boils, pour them in at twice; ftir it well, and then let it boil apace before you foum it : after it is foummed, take it off the Fire, and pour it into any earthen thing to cool; and being cold; put five or fix spoonfuls of new Ale-yealt to it, flir it together, and then every Day four it. with a bundle of Feathers till it has done working, and to put it up into a Cask, if you can get fuch a one, that has had Sack, or Malaga in it; and to every gallon of Metheglin, put a quart of Sack, or one pint of Aquavitæ, a quarter of a pound of Hiced

fliced Ginger, and two or three peels of Lemons and

Oranges in a Bag.

Methealin-Phylical: To order and prepare this, Gather the Herbs under-mention'd in July, choose to dig them on a dry windy Day, if any fuch happen, and keep them drying till the Michaelmas following, viz. Saxifrage, Agrimony, Centaury, Thyme, Betony, brown Mint, and the Tops of Rofemary, of each a handful : boil them in Spring-water till the Herbs have much altered the colour; then take it from the Fire, and cool it; put into the Wort, when it is a little warm, about three pound of Honey-combs, temper and mix them well together, and fo run the Liquid part through a fine Sieve, or Strainer : then to try its strength, put in a new-lay'd Egg unbroken, and if it bear it not, you must put in more Honey till it will; then Arain it again, and boil it over the Fire a little, keeping it clean scummed, and to being cold, put it up into a Barrel; and when it has done working, stop it up close, and draw it not off in two Months, and it will purge Melancholy. much revive the Spirits, comfore and ffrengthen the Heart, purge by Urin, and gentle breathing Sweats, and keep the Party moderately drinking of it in a healthful constitution of Body, a same a con.

ENCORE!

Methealin-White: Take Sweet-Marjoram, Sweet-Briar-Buds, Violets and Strawberry-Leaves, of each a handful; a handful of Violet-Flowers. the double ones, if they can be got; broad Thyme, Borrage, and Agrimony, of each half a handful; and three or four Tops of Rosemary; the Seeds of Carraways, Coriander and Fennel, of each two spoonfuls, and three or four Blades of large Mace: boil thefe in eight gallons of running Water three quarters of an Hour, fcum it and strain it; and being lukewarm, put as much of the best Honey to it as will make it bear an Egg. the breadth of a Sixpence above the Water; then boil it again, fo long as any Scum will rife, fo fet it to cooling; and when almost cold, put in half a pine of new Ale-yeast. and when it has wrought till you perceive the Yeast to fall, then put it up, and fuffer it to work in the Cask till the Yeast has left rising, filling it up every Day with forme of the final Liquor; and flopping it up, put in a Bag with a fliced Nuemeg in it, a few Cloves Mace and Cinnamon? all unbruifed, and a grain of Musk! The best time to make it, is a Attle before Michael man, and it will be excellent to drink towards the begin ning of the Spring. mod in that by the fact of experien

spillet : This in fome Countries is made of great Account for Food, but among us, mostly for Physical uses, or uses tending to it, viz. Boiled and mixed with Sak, and applied to the Belly, it eases the Pains caused by Windiness: mixed with Camomil-Flowers, and boiled in Whitewine, it eases Pains in the Head and Stomach; being mixed with many Medicins, it maketh them keep long from moulding and putrefying : cover fresh Flesh of any kind in a heap of it in hot Weather, and it will preferve it a long time.

abils to Dry up: Bath the Woman's Breafts with the Decoction of Colewort-Leavs, and anoint it with the Juice of Plantane, and the Business

will be effected

Milk to Entreafe : Take Anifeeds, Licorice, and Fennel-feeds boiled in Possetdrink : Some hold that the Fore-hoof of a Cow burnt to Powder, and a dram taken Morning and Evening in a Glass of Canary, with the Yolk of an Egg, rarely fails: or, for want of thefe, Ladythiftle boiled in Milk, and the Milk drank warm; or Fennel-feeds, and Cumin-feeds, bruifed and boiled in Barly, has the fame Effect s likewife a Coney-skin, or Hair-skin, the fleshy sides being laid on the Breafts when green.

Minced-Wyes : Take, if you would have them exceeding fhort and luscious, Neatstongues but a little falted. boil them, but not too much. pare off the outlide, mince the Meat of them very finall. take a quantity of Marrow and Beef-fuet, fhread them together; then wash and pick clean your Raisins and Currans, mingle them then with the former, shread very small: fo candied Citron, or Orangepeel, which you relish best; dust in a little powder of Cinnamon and Ginger: then having put these into your Coffin, put in a spoonful or two of Canary, and the like quantity of Rose-water, into every Pye. To make the Cruft stand fine, and eat short. fprinkle the Flower, as much as there is occasion, with cold Water, and work the Past with pieces of unmelted Butter : and being brought into a form and thinnels, the Cruft, when baked, will far out-doe that made with hot Water. and melted Butter, as the ufual way is. You may strew over the Tops a little ambered Sugar, and grind two or three grains of Ambergrease, and half a grain of Musk. the which quantity will ferve five or fix Pyes : But instead of Neats-tongues, if you pleafe. Veal, Beef, or Calve's Chaldrons, will do very well.

Minted - Mpes to Deafen : To do this, Take the Meat you defign to make them on, minced finely, when parboiled; let it lye pressed all Night, then put two pound of Beef-fuet, minced imall, to every pound of Meat, mix them very well together, and take half an ounce of Cloves and Mace beaten , half an ounce of Nutmegs, the like weight of Cinnamon, and a little Salt, half an ounce of Carraway-feeds, five Pippins minced small without the Core, a Lemon-peel scraped. and a quarter of a pint of Rose-water, a pound of Dates, half a pound of Sugar, a pound of Raisins of the Sun, two pound of Currans; mix them well together, and put them to every pound of Meat and Suet.

Mineral = Crystal : To make this pure, Dissolve it when pretty well reduc'd to a smalness before, in damask Role-water, evaporate it, and then filter it warm through a brown Paper, on which Rose-leaves are strewed, moistned with a little Spirit of Sulphur, with a few grains of Musk and Ambergrease, and fo let it crystalize, and it will become a delicate mineral Cryftal, pleasant in colour and finell, being endued with all the Virtues of exalted and pure Nitre. It is a true Anodyn, and an excellent allay-

er of Thirst, extinguishing the preternatural Heat of all manner of Fevers. It is a peculiar and special Antidote against the Plague; and all manner of pestilential Insections. It removes Stoppages of the urinary Parts, and provokes Urin, gives ease in the Quinsie, in hot, sharp, and scalding Urin, and Gonorrhæa; and for these purposes, it is best to take a dram of it in Wine sweetned with Sugar.

Mint: This is meant of that fort of Garden Mint, called Spear-Mint. Its Virtues are very many, viz. Beat it. and lay it to the Stomach that is weak and wants digeftion, and it comforts and fortihes it. It is a foveraign Herb to restore the Smelling and Feeling to those, wherein they are much decayed; for the first, being often held to the Nofe and for the other, the Decoction of it very strong applied to the numbed part. The Leaves dried and powdered, given to young Children, kill and bring away Worms: The Tuice drank with Vinegar Stenches Blood; and with the Tuice of fower Pomegrante. referaineth Vomiting, Hicups, and Colick - Passions. This Mint, with Role-water, and grated Nurmeg, laid on the Forehead, affwageth the Headach; and laid on the tender Duge full of Milk, it ealeth

easeth the Pain of them. Applied with Salt, it is good for the Biting of Mad Dogs: And the Juice of it mixed with Honey, dissolved in Water, being dropt into the Ears, easeth the Pain of them. The whole Herb distilled in a glass Alembick, in a Bath of hot Water, or otherways, four ounces being drank, flayeth Bleeding at the Nose. Those that affect much Milk, to prevent the curdling of it in their Stomachs, would do well to chew Mint in their Mouths, and swallow the Juice after it. If Cheese be sprinkled with the Juice, or Decoction of it, it will keep from Corruption, or Rottenness.

Apint = Dyrup: Take about a pint of the Juice of Quinces when they are almost ripe, the Juice of Pomgranets half as much, dried Mint six ounces, red Roses two ounces; steep them in the Juices twenty four Hours, then boil it half away, and strain out the rest, and with sine Sugar make it into a Syrup; and if it be too thick, add a little Mint-water.

Mint-Water: Take Baum, Penyroyal, and Mint, of each a handful; Canary-Lees, a gallon; and after the Infusion of twenty four Hours, put them into a Still of Pewter, and keep a quick Fire under it: cover the Still with wet Cloaths, and put into the receiver as much fine Sugar as will conveniently fweeten it, and then distil it over again. This is excellent in Fevers, or any hot pestilential Diseases. It comforts the Heart, and strengthens the Memory; and given with Syrup of Licorice, is good for Obstructions of the Lungs, and Difficulty of

Breathing.

Mirabilis: To make this Water, (so wonderfully commended by the Learned Sir Kenelm Digby) Take Galingal. Cardamums, Cubebs, Mellilotflowers, Mace, Cloves, Ginger, and Cingamon, of each a dram; bruile them small, and infuse them in a pint of Celandine-Juice, and as much Spear-mint-water, half a pint of the Juice of Baum. and one pound of the Flowers of Couslips, Rosemary, Borrage, Bugloss, and Marigolds, of each two drams; three pints of the best Canary, a pint of strong Angelica-water, red Rose-water half a pint : bruise the Flowers and Spices, and infuse them in the Waters, Juices, and Wine, for twenty four Hours, then distil them in a glass Still.

This Water is excellent against fainting Fits, comforts the Heart, is good in Confumptions, the Spleen and Melancholy; it keeps the Countenance fresh and young, and very much helps the decay of the Memory. Taken

fasting

fasting it creates a good Appetite, is excellent in internal Bruifes, and indeed a better Cordial for any pectoral Distempers, or Defects, cannot

be found.

Mifcarriage : In this it is proper, that young Women should not be ignorant of the Symptoms, or Signs, threatning or forerunning Miscarriage; and fome of them are these, Sudden Pains in the Back, or Belly, the Breasts often filling and falling; upon which, let her apply this following Cerecloath to the Reins of the

Back, or Break.

Take the Roots of Biftwort, and Coriander-feed, of each two drams; unripened Galls, Saunders, and Hypociflides, of each a dram; Labdanum, and Mastick, of each half an ounce: Frankincenfe. and Bdellium, of each two drams: reduce those that can be fo ferved into a Powder. and with Oil of Mastick, Turpentine, and Bees-wax, make two or three Cerecloaths. and apply them fometimes to the Loins, at other times to the Sides, and the Region of the Womb under the Navel, the Party for a confiderable time altogether avoiding any violent motion both of Body, and agitation of Mind, as Excess of Joy, Anger, Melancholy, &c. relating to the latter, also violent Sneezings, Coughs, Strainings, or

Affrights.

Discarriage to Dzebent : Take Coriander - feed two drams, the Root of Bistwort, Shavings of Ivory, and red Coral prepared, of each a dram; of white Amber, and Crystal, of each a scruple; reduce all these to fine Powder, make them up into Tablets, Lozenge-wife, with four ounces of Rofe-water, and half a scruple of the Confection of Alkermes, their weight confisting of each a dram. Take one of these when you think there is any fear or danger of Miscarriage, they being very Cordial, and great strengthners of the Matrix; and to confirm it the more, take afterward fome Powder of Pearl, or Coral, in a new-lay'd Egg.

Miscarriage to Diebent, another: Let the Party, who fears a Milcarriage, drink in a Morning fasting a draught of Sage-Ale pretty warm; and about an Hour after, take Syrup of Garden-Tansie, thus made. Take half a pint of the Juice of Tansie well strained, let it fland and clarifie, and dissolve in it, the dross or fetlings taken off, a pound of fine Sugar, boil them up to the thickness of a Syrup, and take a spoonful of it, especially when apprehention of danger is conjectured, stemp likewise more of the Herb,

and fprinkling it with Muscadel, apply to the Woman's Navel, binding it on with a

linnen Roller.

Miscarriage, another: Take a sprig of Rosemary and Baum, a few Cloves, and a fmall quantity of Nutmeg; put them into a pint of Claret, burn it, and then beat the Yolks of three new-lay'd Eggs, and having taken off the Wine from the Fire, brew it with the Herbs and Spices; then take the Cock's Treddles of fix Eggs, and the White of one, beat them to an Oil, and having taken off the Froth, mix them with the rest, and fo brew them over again with fine Sugar; and when the Party feels any Pains that ufually fore-run a Miscarriage in the Back, or Belly, let her immediately take four spoonfuls of it.

Miscarriage, another : Take half a dram of Stitching-Silk, of a crimfon Colour, cut it into small shreads or pieces, put it into the top of a new-lay'd Egg, stop up the hole you put it in at with Bees-wax, boil it till the White is only curdled, and let the Party fuck it up, keeping in motion, though gently. for some time after. This is used commonly by the Direction of the French Midwives, and many of the more Judicious in England, accounting it an effectual prevention of Miscarriage; it having pre-

vented many.

Mouth-Diseases: If the Mouth be canckered, Take a pint of Wine-Vinegar, (and if you can get it, let it be that of Claret) Rue, red Mint. red Sage, and Rosemary, of each a quarter of a handful. or as much as you can hold between the Fore-finger and Thumb; thred them small. and boil them in Vinegar, then dissolve in the liquid part a spoonful of Honey, and half an ounce of Alom, and half a spoonful of white Salt: wash the Mouth with it Morning and Evening.

Morelto-Wine: To make this, Take half an Ame of White-wine, twenty pound weight of Morello-Cherries. divested of their Stalks; bruife them fo, that the Stones may be broken, press out the Juice and pour it into the Wine: take that which remains, and hang it in the Wine in a Bag, fo that it may not touch the bottom of the Cask: then ftop it-up, and let it continue a Month, at least, before you draw it: You may put in Spices at your discretion, but it will be very pleafant with-

out it.

Mugget Minced-Ppe : Boil your Muggets tender, and being cold, mince them fmall; then put to it pieces of Lard, cut square like Dice, or interlarded Bacon, the Yolks Yolks of hard Eggs cut in the fame manner, also small pieces of Mutton, or Veal, the same bigness; then put some Goosberries, Grapes, and Barberries to them; season them with Nutmeg, Pepper, and Salt, and fill up your Pye, and lay on it slices of interlarded Bacon, but very thin. Bake it, and liquor it with Whitewine and Butter beaten

no.

Mugwozt, the Sytup: Take Fennel, Stone Parfly, and the Roots of Garden-Parfly, Elecampane, French Orrice, Peony, and the bigger Madder, of each an ounce; the Leaves of Penneroyal, Mugwort, Gretan Dittany, Savin, Arfmart, Marjoram, Germander, Ground-Ivy, Hystop, St. John's-wort, Rue, leffer Centaury, double Fetherfew, Bettony, and white Horehound, of each of these a handful; the Seeds of Fennil, Annis, wild Carrot, Stone Parily, Bail, and Rue, of each three drams; Tartar of Montpelier two ounces : wash, cleanse, and bruise all the Roots, infuse them with the Tartar pulverized twenty four Hours over a gentle Fire in an earthen glazed Veffel well covered in three pints of Hydromel newly made: cut the Herbs, and bruise the Seeds. and put them into an other glazed Pot by themselves in ten pints of the faid Liquor,

covering the Pot, and fetting on hot Embers for twelve Hours: then boil the infusion of the Roots over a gentle Fire for half an Hour, and mix the infusion of the Herbs with it, and boil them together for a quarter of an Hour; strain out the Decoction, when almost cold, and squeeze the Herbs: clarifie the Liquid with the White of an Egg, and five pounds of Sugar, boil them over a moderate Fire to the confistence of a Syrup; then the Syrup being cold, incorporate an ounce of fine Sugar with fix drops of the distilled Oil of Cinnamon.

This Syrup is different from what are elsewhere met withal, and is chiefly used for the Diseases of Women; to open Obstructions of the Matrix, and, expel Wind, to repress Vapours and Suffocations, alto to provoke the Terms, and evacuate the Impurities of the Matrix. It is good against Obstruction of the Spleen, Liver, and Bowels, as well for Men as Women. Dose is from an ounce to two, alone or in Whitewine, or in opening Waters or Decoctions: it is also, sometimes, to be mixed in Opiates, and other Medicines.

Mulberries, a Honey: Take of the Juice of red Mulberries a pint and a half; then put to it a pound of clarified Honey; boil them up

often

often with scumming, so that the Honey may be well dissolved in the Juice; and a third part being consumed, take it off, put it into earthen Vessels, and keep it close stopr, as a curious cooling and clean-

fing Honey.

ther Blackberries, and Mulberries, when they begin to ripen, the Dew being on them, of each a quart; bruife them, and strain them, and put to the Juices fine thin Honey two pound, and boil them over a gentle Fire to the thickness of Honey, and keep it close for use.

Mulets Woiled: Save the Liver and Roe of this Fish, and being boiled, take it up and pour out the greater part of the Water, and add to the rest a pint of Claret, a bunch of Thyme, Marjoram, and Winter-favory, Salt, Vinegar, and two Onions quartered, or fliced, and the Juice of a Lemon, also Nutmegs fliced, and Mace broken; boil these till the Fish tasts strong of the Ingredients, then dissolve into it two or three Anchoveys: feafon it with Salt, dish it up garnished with flewed Oilters, and Bayleaves, and Sippits, if you please, under it. This, though it mentions no number, may extend to what number you please, the Materials being proportioned.

Mushrooms Fricaled: Having stewed them, put away the Liquor, and put them into a Frying-pan with a piece of Butter, some stript Thyme, fweet Marjoram, and an Onion fhred very finall, also a little Salt, and beaten Pepper; and when they are fried, make a Leer, or Sauce, with three or four Eggs dissolved with fome Claret-Wine, and the Juice of two or three Oranges, grated Nutmeg, and the Gravy of a Leg of Mutton; shake them well, and give them three or four toffes in the Pan: dish them, and garnish the Dish with Orange and Lemon, and rub it with a Shalot, or Onion, and 10 ferve 'em up.

Mulhzooms, the Italian way: Peel them, wash them, and boil them in a Skiller, with Water and Salt, having boiled in the Water sweet Herbs before you put them in, also Parfley and a Cruft of Bread; boil and drain them from the Water, and fry them with the best Olive-Oil: and being fryed, serve them in a Dish with Oil, but not that they were fryed in, also Vinegar, Pepper, and fryed Parsley; or, for want of Oil, you may use sweet Butter.

If you would Stew them, Peel them, and take out the under part, and do it with fweet Herbs, Pepper, Salt, Whitewine, and Gravy, over

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a gentle Fire: put to them, when enough, fome fweet Butter beaten up with the Juice of Lemon, or Orange. These are good for those that are of a hot, or cholerick Constitution; but those of a cold or phlegmatick one, must

eat them sparingly.

Mulhzooms to Dickle : To do thefe that they may keep a long space, and notrot, as many do that are not well ordered, Take the Buttons, as foon as they put out of the ground, being gathered in a dry Day, wash them in Water, Salt, and Vinegar; then scald them in the Decoction of Bay-leaves and Rofemary: put them afterward into Glasses that they may be very closely stopt, and mingle among them long Pepper, Blades of Mace, and flices of Nutmeg, and Ginger, and fo close 'em up with a Cover of Leather for your ufe.

spush: This is an Excrefcence, supposed by some to be a Tumour, or Swelling, of corrupt Blood about the Navel of the Musk-Roe; which, after putrifaction and ripening, becomes Musk in a perfect Cod, which, others affirm, falls off from the Beaft of its own accord: Being well prepared, it is not only a very sweet Perfume, but also taken in Cordials, chears and revives the Heart, and dispels gross Vapours from the Brain;

and is good against pestilential Diseases, insufed in Mint, Baum, or Rue-water,

Muskadines to Make: Take half a pound of refined Sugar, being beaten and fearfed, put into it two grains of Musk, a grain of Civer, and two grains of Ambergrease, and about two drams of white Orris-powder, beat them with Gumdragon steeped in Rosewater; then roul it as thin as may be, and cut it into Diamond fashion, like Lozenges, with your jigging Iron, and fet them in some warm Oven, or Stove; then put them into Boxes for use, and in this manner they will keep all the Year.

Mush-Sugar, to Make : Bruise four or five grains of Musk, put it into a piece of Cambrick, or Lawn, lay it at the bottom of a Pot or Glass, and fift fine Sugar on it, stop the Pot close from Air, and fet it in a warm Place, and in a few Days the Sugar will have fuck'd up the Tincture of the Musk, and yield a very pleasant Smell. Thus you may perfume Sweetmeats, or Comfits, by keeping them up very close; but if the Air gets in, the Spirit of the Musk will evaporate.

Shoulder of Mutton thin, till the Bone is only left; then put fome Claret, fliced Onion, and Gravy to the Meat, the

Tops

Tops of Thyme, fix Anchoveys, and three ounces of Capers; and the Meat, and other things minceable, being reduced by that means small, take nine or ten Eggs, and the Juice of a Lemon, or two, and make a Leer of them; then put the Meat into a Frying-pan, and when it is thoroughly hot, put the Leer in and foak all together over the Fire, till it be very thick: then boil the Bone with what Meat is on it, and place on the top of your Meat, the Dish garnished with slices of Lemon.

Qutton, the Turkish way; Cut your Mutton in thin slices, wash it in Vinegar, and put it into a Pot that has a close Cover, then add clean picked Rice, and a quantity of whole Pepper, and two or three Onions: let all these boil very well, keep it scuming; then take out the Onions, and dish it in Sippets.

miton: Take a Shoulder of Mutton; pretty large, but let it be young and tender, strain the Blood of the Sheep amongst grated Bread, then prepare your seasoning of ordinary sweet Herbs shread very small; take the Bones

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out of the Meat, and roul them up in it, or stuff them in at convenient places, then wrap it up with a Caul of Veal, lay it in the Blood to soak twenty four Hours, prick it so with a Knife that the Blood may the more easily penetrate it, bake it and serve it as usually Venison is done; and it must be a very curious Pallate that can discover it from what it represents.

Myrrh: This pretions Gum grows upon a low prickly crooked Shrub, with a smooth Bark like Laurel, but the Leaves like Olives, and much rougher; yet out of this Tree proceeds a Gum little differing in appearance from Drops, or Tears, but afterwards it becomes of a greener Colour, and is clear and fweet to the Smell, but not fo to the Tast, it being fomewhat bitter The right Myrrh being drank in Whitewine, abates the Fit of the Quartan-Ague: it is also very good in Antidotes against Poifons and Hurts by venomous Beasts: It resists pestilential Fevers and Plague; and being applied to Wounds, it expedires their Cure. And many other excellent Virtues, not here mention'd.

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gle Turpentine and Wax together, spreading it as a Plaister, lay it on the defective Nail, and as it grows, cut it away, and in a short time it will be reduced as the other.

Pails falling off: Take Powder of Agrimony, mix it with the White of an Egg, lay it on the Nails, and it will streng hen and confirm them; it will also take away the aking, that usually attends them in such Circumstances.

Mails to grow: Take fine Wheat flower, mingle it with Honey, lay it on the place where the Nail is defective, Plaister-wise, and the Nail will sprout out and grow apace to its due proportion.

Mati-Ditching: If a Nail or piece of Iron, run into any part, so that it causes a pain, or festering, Take Turpentine half an ounce, Bees-wax the like quantity, the Juyce of Housleek, Burgundy Pitch, and Mutton-Suet, of each a quarter of an ounce; mix them together into a Plaister, and by application it will take away the Pain, and cure the Wound.

Mail-Deratching : It is held, that the Nails of the Hand scratching in some Cafes prove venomous; yet this is no more than the fuffering it to fester, or the Humours to flow to that place before prevented; to remedy it, and cure the Wound made, Take Olive-Oil a quarter of a pint, Juice of Groundfil two ounces, Bees-Wax, two ounces, Stone-pitch half an ounce: make these over a gentle fire, into a Salve, and spreading it on Linnen, or Leather, apply it to the place grieved, and in two or three times changing, and anointing with Linfeed Oil, the danger will be past, and the Cure effected.

Pattwort: This is held exceeding fuccessfull, being applied to Imposthumes in the Joints, and any Defects under the Nails, especially for Whitloes, Fellons, and Nail-wheals.

Maples Bisket, To make these so much in use: Take a pound of fine Flower, and the like Weight of Sugar, eight Eggs, and two spoonfulls of Rose-water, an ounce of Carraway-seeds beaten small: mix them well together, and put them, when made, into a sit thinness with fair Water, into

Tin Coffins, and bake them moderately in a gentle Oven, glazing them over with Water, in which Sugar has been

diffolved.

Mature to restore: Take an Artichoke, and dress it with Milk; that is, first boil your Artichokes in Water till the Leaves will just draw off, then put them in New Milk, and boil them thoroughly; then bruife the Pulp in the Milk, and add a little Mace and grated Nutmeg, sweeten it with Sugar, and eat often of it with a Spoon. It exceedingly restores decayed Vigour, and strengthens not only the Spirits, but the whole Frame of the Body. The Germans and French usually eat the tender Stalks of this Plant boiled with Butter and Vinegar: the Italians feldom boil the Heads, but eat them raw, with Salt, Pepper, Oil, and Vinegar: they are moreover held to provoke Venery, and the Decoction of the Buds drank, provoke Urine.

Mabel pained: If a pricking or shooting in the Navel happen, which frequently by communication extends to the Fundament, or Privy Parts, by its twitchings and shootings, Take Oil of Roses, and Camomil, of each an ounce and a half; Comfry the Herb, half a handfull; bruise it, and fry it in the Oils a little, then apply it plaister-wise, to

the Navel as hot as can be endured: it also takes away the Pains of the Belly, and causes the Rumbling of the Bowels to cease.

Pabel-wort Dintment: This is moderately Aftringent, and therefore good for hot Diflempers or Inflammations: fome use it for the Kings-Evil, and for the curing Kibes, Chil-

blains, and the like.

Daufeoufnels: When the Stomach, or Appetite is offended in this manner, and brought to a kind of Loathing, Take the Powder of the Seed of Common Fennel in a Glass of White-wine, sweetened with Sugar, every morning fasting, till the Offence be removed. This likewife wonderfully clears the fight," strengthens the Stomach, and being mixed with pectoral Medicines, it relieves those that are Asthmatick. It alfo refifts Poyfon, and the Leaves of Fennel, boiled in Water, wherein Barley has been boiled, encreases Milk in' Nurses: and a Concoction of the Seeds and Leaves give eafe to the Nephritick Pains, forces Urine, and expells Gravel: the Roots provoke the Courfes, open the Obstructions of the Spleen, and Liver, and mainly help the Jaundice. The whole Herb shred and boiled in Broth, takes away Fat, and keeps the Body in a good Proportion. Many other Vertues are ascribed to it. Meats-

Meats - Foot Ppe: To do this, boil the Neats Feet, then take out the Bones, and put as much Beef-fuet as will anfwer their quantity; mince them, and then feafon them with Cloves and Mace, finely bearen; add then fome grated Nutmeg and Sugar, with a little Salt, put them into the Coffin or Past with some Barberries, Currans, and Raisins of the Sun; bake it well, and

ferve it up hot.

Meats=foot=Ppe, another: Take Neats-feet, and boil them tender, and when they are cold, bone them, and mince them very fmall, feafoning them with Pepper, Nutmeg, Cinamon and Ginger, a little Salt, and a pound of Currans, a quarter of a pound of Dates fliced, and a quarter of a pound of fine Sugar, with a little Rose-water and Verjuice; flir them together in a Dish or Tray, laying a little Butter in the bottom of the Pve, and on the Meat the Marrow of Three Bones, flick fome Dates on the top of the Meat, and close up the Pye: and when it is half baked, Liquor it with Butter and Whitewine, or Verjuice, and Ice it, and fo fet it in the Oven again, rill it be baked; and then put into it Rofe-water and Sugar well beaten together.

Meats-Tongues to day: Take Bay-Salt, beat it very fine, so that it may be sifted | look the redder.

through a fine Hair-Sieve, and Salt-Peter, of each a like quantity; and having foaked your Tongues in warm Water, rub it on very well in every part, especially at the root, then lay them in a place where they may be covered with the Salt. and as that wasts, put on more; and when they become fufficiently hard and stiff, then rowl them in Bran till they are dry. put them into a Mold a while, then dry them in a Kill, with a foft Fire; or for want of that necessary Implement, you may hang them up in a Chimney where the Smoke comes but little at them, and when they are fufficiently dryed, press them out somewhat flattish, and at length, and so put them in dry Boxes, and keep them for use.

Meats- Congues to day, another: Take Bay-falt bruifed fmall, and Salt-peter, a like quantity; rub the Tongues well with a Linnen-Cloth, then put the Salt to them, forcing it in, especially at the Roots; and as it wasts into Brine, add more; when they are hard and stiff, then they have taken Salt enough. Rowl them in Bran, and dry them in a Mold over a Saw-dust Fire, or for want of fuch a Material, hang them up in a Chimney; and when you boil them, let it be in Spring-water, and ir will make them

Peats-Conques - divers ways: Take a Neats-Tongue, being boiled tender blanch and flice it into thick flices about the bigness of a shilling; fry it in fweet Butter, and being enough, put to them fome strong Broth, Gravy, Nurmeg, Salt, and Saffron; flew them together, and then have fome Yolks of Eggs, beaten up with Grape Verjuice; put them into a Pan, and give them a tofs or two, and the Gravy and Eggs being pretty thick, dish it on fine Sippets, or make the fame with Cinamon and Saffron: fometimes you may flice them as aforefaid, no bigger nor thicker than a Three pence, and used in all points as before, but only add fome Onions fryed, and stew it with Mushrooms, Nutmeg, and Mace, and ferve it up on Sippets, first rubbing the Dish with a Shalot; or you may flew it with Raifins, Mace, and blanched Almonds, or Piffaches, Marrow, Claret-wine, Butter, Salt, Verjuice, Sugar, Strong Broth, and Gravy, the Yolks of fix Eggs, with Vinegar or Grape-Juice, and so serve it up on Sippits.

Meats-Congue roalien the French way: Boil and blanch it first, and when it is cool, Take out the Meat at the great end, leaving the Skin whole; and having minced it with Sweet Herbs and Apples, as

also the Yolks of Eggs boiled hard, and Beef Suer, beaten with Salt and Ginger, fill up the Skin again, till it appear to be a perfect Tongue as before; and having stopped the hole with some Mutton-Skin or Caul of Veal, lard it with small Lardings of Bacon, and tye it to a Spit; and then being roasted, make Sauce with Gravy, Nutmeg, Butter, and the Juyce of Oranges, and serve it up with Lemons sliced, and pickled Barberries.

Beats-Tongue freed:
Boil it first, and take it off; then cut it into thin slices, seafon it with Nutmeg, Sugar, and Cinamon, dip the Slices into the Yolks of Eggs, add the Juice of Lemon, and mix them together; then having your Pan pretty hot with sweet Butter in it, take up the rest in Spoonfuls, and put them in, then being fryed enough, serve them up with White-wine, Sugar, and Butter, well

beaten together.

Meats-Conques, the Italian Way: When the Tongues are boil'd in an earthen Vessel till they may be blanched, Take them out, and put them into some strong Mutton, or Beef Broth, covering them very close, and having boiled them a while, put in two or three large Blades of Mace, with a quarter of a pint of Canary or White-wine, and some slices of interlarded Bacon; scum the Liquor when it boils, and put in more Mace with some Ginger, Pepper, and Nutmeg. To these add a few Raisins, Currans, Prunes, Sage-Leaves, Saffron and Cherries; then slice the Tongues, and being well stewed serve it up on French Sippets.

Meats-Conque Pre: To do this, Take a couple of large Neats-Tongues, fet them over the Fire in Spring-water, and parboil them, pare off the Roots and the Skin, mince the Meat with Beef-Suet, and a little Parsley, sweet Marjoram, Thyme and Pennyroyal; feason it with grated Ginger, beaten Mace, Cloves and Pepper finely fifted; add to thefe grated Bread and fine Sugar, and the Yolks of three or four Eggs; make your Coffin into the fashion of a Tongue, and put these in, bake it, and then make a Liquid of Butter and Verjuice with fome Sugar and Rose-water, and pour it in at a vacant place, left for that purpose, or raising the Lid on one fide.

Meats-Tongue Dpc, another: Take fresh NeatsTongues, boil, blanch, and
mince the Meat with four
pound of Beef-suet by it self;
sningle them together, and
season them with an ounce
of Cloves and Mace, finely
beaten, some Salt, half a preserved Orange, and a little Lemon-peel minced, with a quar-

ter of a pound of Sugar, four pound of Currans, and a little Verjuice, and Rose-water, and a quarter of a pint of Canary; stir these all well together, and fill up your Pyes in Coffins of what Figure you shall think fit or convenient.

Meats-Conque Ppe, another way: Take a Tongue, and mince it raw, the Skin, as much as may be, being pared Then take another, and boil it very tender, cut it likewife into pieces, the bigness of a Walnut; mince with them some Beef-Suet or Lard. and lay fome of the minced Tongues in the bottom of the Pye, and the Pieces on it, and make Balls of the other minced Meat, as big as the pieces of the Tongue, with some grated Bread, Cream, and Yolks of Eggs, the Bottoms of Artichoaks cut like small Dice, Nutmeg, Salt, Pepper, and a few fweet Herbs finely shred, Marrow, Grapes, boiled Chefnuts fliced, and flices of interlarded Bacon; liquor it then with Gravy, Verjuice, and the Yolk of Eggs well beat together; bake it, and as the former eats best cold. fo this must be served up hot.

Meats-Tongues another way: Make a hole in the rootend of the Tongue, Take out the Meat, mince it small with the Fat of Bacon, or Beef-Suet, season it with grated Nutmeg and Salt, put to it then

the raw Yolks of Eggs, Marjoram, Thyme, and Pennyroyal minced small, Pepper and Ginger, and fill the Tongue with this Composition, viz. the Skin from which the Meat was drawn out, wrap it then in a Caul of Veal, boil it till it will blanch, then put it into a Pipkin, or other convenient earthen Vessel, with fome Claret and Gravy, Cloves, Salt, and Pepper, grated Bread, and fweet Herbs, reduced small by chopping or shredding: then add fried Onions, Marrow concocted in strong Broth, and laid over it; and to compleat it with a garnish, take fome scalded Grapes, when very green, Gooseberries, the flices of Oranges, or Lemons, and fo ferve it on Sippets, running it over with Butter well beaten, with the Whites of Eggs, and mixed with the Powder of Cinnamon.

Meats-Conque otherways: Boll a fresh Tongue very tender, and blanch it; and when it is cold, flice it into thin flices, season it lightly with Pepper, and Nutmeg, Cinamon and Ginger, all finely beaten; then put into the Pye half a pound of Currans, lay the Meat on, and stoned Dates in halves, the Marrow of four Bones, large Mace, Grapes, or Barberries, and Butter; close it up, and bake it : , then liquor it with Claret, Butter, and Sugar, and fo ice it over.

Meats-Congue, to Boaft: Take a Neats-Tongue tender boiled and blanched; and when it is cold, cut a hole in the but-end, take out the Meat, and put in the Meat minced with sweet Herbs finely shread, a Pippin, and two or three hard Yolks of Eggs minced, as also Beef-suet and Bacon made very fmall; mix with all these Ingredients, beaten Ginger, and fine Salt, fill the Tongue, and stop the end with a Caul of Veal, lard it, and roast it, and then make Sauce with Butter, Gravy, and the Juice of Oranges.

Meats-Conque Stewed : Boil them first very tender, then flice them, and put them into a Pan with fresh Butter, fry them a little, and fo put them into a Pipkin, or Stewwith some Gravy, or Mutton-Broth, large Mace. and fliced Nutmeg, Pepper, Claret, and a little Wine, alfo a little Vinegar and Salt; and when the Stewing at your discretion is almost compleated, then put to the Meat two or three flices of Oranges, Afparagus, Skirts, Chefnuts, and ferve them up on fine Sippits, cover them with Butter, flices of Lemon, and Marrow.

Deats-Tongues, another: Let your Neats-Tongues be feafoned with Pepper, Salt, and Nutmeg; then lard them

with

with Bacon, and let them steep in Claret all night, and you may, if you please, add to it a little Vinegar; put in then Nutmegs sliced, and Ginger sinely pared, whole Cloves, and beaten Pepper, with a little Salt; steep them in an earthen Vessel, and cover them up close, they being underlayed with Sippers of Whitebread, some Cinamon and Nutmeg

grated on the top.

Mep, or Catmint: This procures the Courses, and being taken inwardly, or outwardly alone, or with convenient Herbs to bathe them, or fit over the hot Fumes of it. and by frequent use, it removes Barrenness, and the windy Pains of the Mother; it is used likewise in pains of the Head, proceeding from cold Caufes, as Rheums, Catarrhs, Swimming and Giddiness of the Head, and is an excellent Remedy for Windynels in the Stomach and Belly. It is profitable in Cramps and cold Aches to dissolve the cold, and expell the Wind that afflicts the Parts where they happen, and is used for Colds. Coughs, and shortness of Breath. The Juyce drunk in Wine is advantagious in Bruifes. The green Herb when bruised, applied to the Fundament for two or three hours, easeth the pains of the Piles: but the Juice being made into an Ointment, is the more effeEtual to that purpose. The Scabs, or breaking out of the Head, are taken away, being washed with its Decoction in fair Water, and has the same Effect upon the breakings out of any other Parts tending to the like nature.

Merbes afflicted: Take the Roots of Male-Peony new taken out of the ground, one ounce, of the Seeds of that Plant two drams, and with a sufficient quantity of the Syrup of Peony, beat them up into an Electuary, of which take the quantity of a large Hazel-Nut, or more if need require it, twice a day.

Merbes their Diseases to cure: Take of the Powder of Castor half an ounce, Spirit of Castor half a pint; digest them in the Cold ten days, then strain out the Spirit, and when it is well fettled, take ten drops inwardly in any proper Liquor. This not only strengthens the Nerves, and is good for the Diseases of the Head, and Fits of the Mother, but provoke the Courses, and remedies Deasness.

Merbes pricht: Take Peruvian Balfom, and warm it a little; then barhe it in, where the grief is; and in a little time it takes off the acrimony of the Sanies, from whence proceeds the Pain and Convultion when we are wounded or bir by venomous Creatures: It is excellent in staunch-

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ing blood, infomuch that it is affirmed, that the Beafts in Peru and New Spain, from whence it comes, finding themfelves fo hurt, by an Instinct of Nature rub themselves against the Tree from whence it issues. It is of a dark colour, fragrant Smell, and brought to us in little earthen Tars.

Merbes Uncober'd : To Remedy this, Take the Oil which is thus prepared; Powder grofly three or four ounces of the best Camphire, and having put it into a Mattress, pour on of Spirit of Nitre, twice as much, stop the Veffel close, and fet it over a Pot half full of Water, pretty well heated, frequently stirring it, to help forward the Dissolution; which will be done in two or three hours, and by this means you will find the Camphire turned into a clear Oil, which will fwim above the Spirit, then separate it in a Viol for use. This is not only used to touch the Nerves that lye uncovered, but for the caries of Bones: yet this Oil is nothing but a Dissolution of the Camphire in the Spirit of Nitre; for if you cast Water upon it, to kill the Force of the Spirit, it will turn into Camphire as before.

Derbes Wounded : Take Horsetail, distill it, and if the Nerves be much hurt or wounded, Take three spoonfulls of it, in a morning fasting; apply it likewife outwardly: this stays bleeding, cures Ulcers in the Reins and Kidneys; and if the Lungs be ulcerated, drink three ounces of the Decoction of it. or two ounces of the Juyce, morning and evening: a dram of Powder made of this Herb. and taken in three ounces of Plantane-water, morning and evening, is held very good for a Confumption.

. Pettle Juice: This is good to flop bleeding, and ease the Pains in the Head: being drunk it provokes Urine. and is helpfull in the Dropfie: the Leaves of Nettles made into a Poultis and applied to Inflammations and Tumours. allay them; mixed with Hogs

Lard and Flax-feed.

Ripplewort: Out of this comes a bitter Milk, or whitish Juyce, which being mixed with Woman's Milk, and a little Oil of Roses, and mingled well over the fire in a Saucer, is greatly available to allay the Heat and Anger of fore Nipples, and recover them so, that the Infant may suck without giving the Woman any pain.

Diter : This is held an excellent Medicine for the Colick, or any Pains, prepared after the following manner, viz. Take of the best Nitre an ounce, rub it fufficiently in a clean Mortar of Glass or

Stone,

Stone, then grind it with half a Scruple of Saffron, and of this Mixture take about half a dram at a time, infused in about three or four ounces of

Spring-water.

Motes: These are a kind of Knots occasioned many times by Scorbutick Humours. Take two drams of Rhubarb, boil t in half a pint of Ale, till it consume to a quarter of a pint, drink it in a morning fasting; and anoint the place where these Knots are, with Oil of Camomil, mixed with the Spirit of Wine, three or four times, intermitting the first for a day.

Moile in the Ears: Take the Oil of Ben-Nut, drop it into the ear, and it not only cures the Noises, but in a great manner helps Deafness. cleanses the Skin from Spots or Morphew, and the longer it is kept, the better it is. This Ren-Nut likewife mixed with Honey, diffolves hard Swellings, and the Kings-Evil; made up to a Poultis with Barly-Meal, it is good in the cold Afflictions of the Nerves: Mixed with Meal of Lupins, it takes off the Obstructions afflicting the Liver and Spleen: it subverts the Stomach, occafions Nauseousness, and moves the Belly. It purges gross and clammy Flegm, by Vomit and Stool; wherefore it is good for a flegmatick Colick.

Posse, a finging Posse in the Ear: This is usually the Forerunner of Deafness, and few that have it to any purpose, escape the losing their Hearing, especially for a time; therefore the best way is timely to prevent it: to do which,

Take the Pills de Hiera, or Hiera cum Agarico, with which the Apothecary or Druggist will furnish you. Take of them a dram at a time going to Bed, and settle your self as well as may be to rest, and the next morning, take the following Decoction, viz.

Take the Tops of Mint, Marioram, and the Flowers of Wood-Roses, Betrony, Sage, and Camomil, of each half a handfull : boil them in a convenient quantity of Was ter, 'till half be confumed; then taking them from the fire, let the Fame or hot Vapour ascend into the Ears, by laying first one and then the other fide of the head over it : or you may drop three or four drops of the Oil of Amber palliated with Oil of Roses, into the Ears; and stop them close from the Air, when you go to Bed.

Mose Bleeding: To stay this speedily and effectually, Take the long things that grow on Hazle-Trees before they Leave, by some called the Nat-Blossoms, burn them so that they may be reduced to a Powder, but not to Ashes

and

and when the Blood issues from the Nose, blow up some of it with a quill into the Nostrils, and let the Party drink the Juice of Plantane, or Plantane-water and Milk, and the Bleeding will stay: This also will stay inward Bleeding till better Remedies can be obtained, though many times, of it self, it is effectual, and there needs no other, unless some large Vein be broke, or some extraordinary Flux of Blood other-

ways happens.

Roles to Diels : This is meant of an Ox, Steer, Cow, &c. Boil them tenderly, and then fry them in fweet Butter; and when fried drain the Butter from them. and put to them the Powder of Nurmeg and Anchoves dissolved in fair Water and Whitewine, with a little Salt and Mutton-Gravy: give all these a warm over the Fire, and serve them up in a Dish; then run it over with Butter beaten up with the Juice of Oranges, Marrow, Sageleaves, fried Parsly, and the Yolks of Eggs.

Murles Milk to Encrease: Takeof Earth-worms an ounce, wash them well, and dry them so that they may keep sweet, and yet be reduced to a Powder; then take half a dram, or two scruples for a Dose in

a Glass of Canary.

Mutmegs are fomewhat Astringent, and Stomachick, Cephalick and Uterine; help Concoction, discuss Wind. take away the offensive Fumes of a strong Breath, are good in the Palpitations of the Heart, and prevent Faintings, leffen the Spleen, and ftop Loofeness and Vomiting, provoke Urin, and quicken the fight; are of great use in Fluxes, especially the Bloodyflux, having all the Virtues necessary for a Medicin fit for these Diseases: The Oil cleanfes and defends the Bowels from tharp offensive Humours, and eafes the Pains that frequently afflict them : The aromatick quality, confisting in the airy spirit, penetrates the noble Parts, and administer. Comfort, whilft the gross and earthy part dries up Ulcers, and cicatrifes them: Candied Nutmegs, or as they come over with their green Husks about them, are good in all cold Diseases of the Head, as Palsie, and other Diseases of the Nerves, and Womb, and are very Cordial: And notwithstanding all these Virtues in this one small Simple, yet if it be taken immoderately, that is, in too great a quantity, it proves very hurtful, occasioning fleepy Diseases, seeing they are very Narcotick, infomuch that Tavernier relates, That when thefe Nuts ripen in the Moluces-Islands, where, they

they chiefly grow, the Birds of Paradife come flocking to feed upon them; which they have no fooner done to any purpose, but a Giddiness seizing them, they fall on the Ground in a profound Sleep, or Doziness, and lye so long before they recover, that fwarms of huge Ants that frequent those spicey Woods, frequently eat off their Legs, or intolerably fting, and kill them in earnest.

Butmeg to Candy : Take a pound of fine Sugar, a quarter of a pint of Role-water. and Gum Arabick three penny weight; boil them up to near a Candy height: then having foaked your Nutmegs in Water, put them into it in an earthen Vessel, cover it close that the Air may not come. in, no more than through the

porous Part, and keep them in a warm Place twenty Days. and they will be of a Rock-

Candy, Oc.

But = Dil : Take small Nuts, break them in a Mill. or otherways; take out the Kernels, lay them in warm Water till the Skins or Husks come off them, then fleep them in warm Sallad Oil; and when they fwell take them out and press them, and a curious Oil will iffue from them: put them into a glass Vessel, and let it fettle and digest twelve Days in a warm place: then use it as occasion requires. It is good for cold and moist Swellings, or Pains in the Joints; or Burns, Scalds, and Tumours, especially mixed with the Ointment of Marh-mallows, and likewife that of Tobacco.

win - to hand product

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O OF REAL PROPERTY.

Ak-Tree : This Tree in every part is aftringent, but especially the Bark, the Deco-Elion of which is good for the Bloody-flux, or Spitting of Blood, The Acorns are Diuretick, and the distilled Water of a young Oak is good for Womens Diseases, Those that

are cut for the Stone use a Bach of it, made of the Bark, to heal the Wound or Incifion. The Galls that grow upon outlandish Oaks, not only make Ink, but are of many fingular Virtues, as being powdered and drank in Whitewine, to dissolve the Stone, or Gravel; ease Pains in the Bladder,

Bladder, or Reins, and cleanse the Stomach, causing a good

Digestion.

Take of the Water of Oak-Buds, and Plantain, of each three ounces; Cinamon-water Hordeated, and Sprup of dried Roses, of each an ounce; Spirit of Vitriol two or three drops, to make it pleasant and sharp, and take it Morning and Evening: it's excellent to stay immoderate Courses, and

to prevent them.

Dates: They are Physically moderately drying, refolving, and reffringent; they ate cool, and therefore boiled in Posset-drink, in Fevers they are good; being heated, and put into a Bag and the Side, they eafe laid as likewife by fuch application, the Head-ach: The Ale made of them, cools and purifies the Blood, and eases the Heat and Pains in Urin: A strong Decoction of them eafes the Flux in the Belly; and boiled with Figs. Licorice, and a little Honey, in Ale, they ease the violence of the Cough, or Cold; and in a little time, the liquid part drank often as hot as may be, removes the Cause, and the Effects confequently ceafe

Dociferous-Mater: Take the Roots of Florence Orris, and Benjamine, of each one ounce and half; the best Storax six drams, Lignum Rhodium half an ounce; Aroma-

tick Reed and Labdanum, of each two scruples; Flowers of Benjamine one scruple: beat them into Powder, and put them into a Matras, and let them macerate twenty four Hours in Balneo Mariæ lukewarm, in a pint of Rofe-water, the Matrix being stopped, and then distil them in the fame Bath a little hotter: and mxing with this Water Musk and Ambergrease fix drams, keep it as a Water of a curious, wholfom, and odoriferous fcent, to fcent, or perfume Rooms, Gloves, or what elfe requires it.

This, for its admirable pleasant Scent, is called Angels-Water: It likewise contributes much to the lustre of the Face and Hands, being washed in it, mixed with a little of the Water of Fumitory. The Sediment dried and mixed among Cloaths, gives 'em a fine Perfume, and drives away

Moths, Worms, &c.

Deseptus Dieparen: Take of the uncleansed Wool from the Neck, Buttocks, and Shoulders of a tired Sheep, and infuse it in hot Water frequently, till the Fat swims upon the Water; then squeeze the Wool, pour the Water out by way of brewing frequently from one Vessel to another, till the Froth arises; then let it stand till the Froth sinks, and take off the Fat that swims on the surface of the

Water,

Water, and froth the Water again, by pouring it from one Vessel to another; and so continue to do till no more Fat aprears: then wash all the Fats with Froth in fair Water, keeping it continually ftirring, and changing the Water often, till what is superfluous be washed away; and until, upon the Tall, it makes no biting on the Tongue: then put it into a well glazed earthen Vellel, and keep it for ule.

This is good to anoint old Sores, also for Scabs, Itch, Botches, or Boils, Excoriation

ons, or Gallings, &c.

Dil Inti - Emlentich : Take the Shavings of a dead Man's Skull, that died a violent Death, four ounces, Amber pulverized two ounces; mix them together, and put them into a glass Retort, fitted with a Recipient, and difil them in a Sand-Bath with gradual Fire: distil the Oil mixed with Spirit, Phlegm, and volatil Salt.

This Oil is beyond compare for the Epilepfie! A few drops of it taken in some cephalick Waters, as that of Bettony, Pellitory, Camomel, or Mint, you may take from three or four to five drops: Anoint with it, in great Pains, the infides of the Noffrils, Temples, and the futures of the Scull, and immediate eafe enfues.

Dil of Bays: Take the ripe Berries, bruise and boil them a good space in Water, then strain it out; press the Berries hard, and when the liquid part is cool, skim gently the Salt that fwims on the Decoction, which is the Oil, and is good to extenuate, calefie, and diffipate Wind in the Stomach: it disfolves cold Diseases in the Head, and eases the Pains of the Colick.

Dil of Witter Mimonds : Take bitter Almonds, and purge, bruife and calefie them in boiling Water, then strain it out; and press out the Oil. This Oil does very much attenuate, and diffipate Wind, cures the Noise of the Head, by ping into the Ears; monifies the Stubbornness of the Sinews, and opens Obstructions of the Liver.

Dil of Bitter Almonds, another: Take bitter Almonds. two ounces, putting to them half an ounce of Sperma Ceti; bruife them, and extract an Oil; and with it anoint the Face when the Small-pox is drying; and by often doing it, it will make them fhell kindly, without leaving any

Marks.

Dil of Camomel: Take the Flowers of Camomel, the white Leaves taken away, bruise them, put them into a confiderable quantity of Oil,

and let them infuse in the Sun, or some convenient Heat, covered with a single limber. Cloath a considerable time, then press out the Oil, and keep it for use. This is Anodyne, and gives ease in the Colick and Pleurisie, by bathing the affected part: It is also given in Clysters, to the same effect, with good Success.

Dil of Camomel , another : Take the Flowers . bruise them, and put them into Olive-oil, let them stand twelve Days, boil it a little. take it off and press out the Oil and Juice, put the Juice, or Oil, in a Glass, and put in esh Flowers. This eases Pair in the Joints, foftens Swellings, closes Chops, or Cracks in the Skin, and fupples stiffness of any Member. and, in a great measure, gives ease, by being anointed with it very hot, or a linnen Rag dipt in it, fixed to the place grieved.

Dil of Cinamon: Bruife four pound of Cinamon, infuse it in six quarts of hot Water, leave it to digest in an earthen Vessel close stopped for two Days; then pour the Insusion into a copper Alembick, sit the receiver to it, and lute the Joints with a wet Bladder, distill with a pretty good Fire three pints of the Liquor; then unlute the Alembick, and

pour into it, by inclination, the distilled Water, and at the bottom you'll find a little Oil; put it into a Viol. and stop it close : distil the Liquor as before, and then return the Water into an Alembick. Take the Oil found at the bottom of the Receiver. and mix it with the first, repeat this Cohobation till no more Oil arises. This Oil strengthens the Stomach, eafes Womens Deliverances, the Courfes, and much encreafeth Seed.

Dit for Deafneis: Take pressed Oil of Leeks, bitter Almonds and Laurel, of each two ounces; Spicknard, Caftoreum and Coloquintida shred, of each a dram; Juice of Rue, and Whirewine, of each an ounce and a half : put thefe into a Matras close stopped, and let them digeft twenry four Hours in a lukewarm Balneo Mariæ; then encrease by degrees the heat of the Bath, and boil them to the confumption of the moisture': then strain and press the Oil out for use, mixing afterward with it fix grains of Musk.

This Oil put just warm into the Ears, a drop or two at a time, wonderfully helps Deafnels in those that were not born so; but such as were born deaf very rarely recover, though some foolish pretenders to all manner of Cures,

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will

will, for the fake of your Money, promise infallible Succels.

Dil of Eggs: Take the Whites of twelve Eggs, beat them fo that they become a kind of an oily substance, extract that and put one spoonful of the Oil of Tartar to it; mix them well together. and fet them in the Sun, fo that at the bottom a thick fettlement will remain; take then the Oil that fwims a top off, and put it into a Viol, and let it stand in the Sun till it becomes as white as a Curd. This is exceeding good for Pains, Aches, Bruizes, or any hot Humours fetling, also for Burns or Scalds.

Dil of Eggs, another: Take Yolks of Eggs, and put them in a Por over the Fire, let them frand till you perceive them to grow black, then put them in a Press, and an Oil will squeeze out of them, which is excellent good in all manner of Burns, and Scalds, Blasts by Lightning, or ill

Airs.

Dit of Cloer-flowers: This is made with the Flowers infused in good Oil, when well beaten, and the Oil after a considerable standing pressed out. This Oil Discussis Mollisies and Resolves.

Dil of Exeter: Take two handfuls of Sage, Thyme, and the green Sprigs of wild Vine, a handful each; Hyf-

fop two handfuls, St. John'swort one handful, Bay-leaves two handfuls, Goose-grass one handful, Rosemary two handfuls, Peneroyal two handfuls, Camomel, white Lilies, Lavender, Dragon-leaves and Wormwood, of each two handfuls; Mint, Sweet-Marjoram, Pellitory of Spain, Fetherfew, and Angelica, of each one handful: ftamp thefe very fmall, put them into a Pot, with as much fair Water as will cover them, till the Water be in a manner confumed; then put to it two quarts of Couslip-flowers steeped about a Month in the Oil of Olives, with two quarts of Whitewine, and as much Olive-oil, boil them to an hour or two till they are almost drained dry : then press out the Oil very hard from the Herbs, and put it up in a Glass. This is excellent good for dreffing old Wounds and Sores, and gives eafe in Aches, and violent Pains of the Colick.

Dit of fennel: Take two handfuls of the tops of Fennel, and put it between two iron Plates, or clean Tiles, when they have been well heated in the Fire; and preffing them hard, you will find an Oil come out, or oily Liquid, good to anoint the Stomach with in the Phthifick, or

any Inflammations.

Dil of fores : Take a Fox of about a Year old, flea, disbone it, and cut it to pieces: put to it four ounces of common Salt, Spring-water as much as will serve to boil it; boil it in an earthen glazed Por, covered over a gentle Fire, fo long that the Bones fart out; then strain out the Broth, and fqueeze the Flesh till all the moisture comes from it: then pur to it Dill and the Tops of Thyme, fresh gathered, of each two handfuls; Sage, Rofemary, and ground Pine, of each one handful; Salladoil four pound: return the Broth into the Pot and having put in the Herbs and Oil very close, and let it COV stand ewenty four Hours in a warm Bath; make it boil for two Hours, and then strain it strongly, pressing out the fubstance. Then separate the Oil, and keep it for your ufe

This powerfully digests and discusses cold Humours that fall on the Nervous and Membranous Parts: It is proper against all Infirmities of the Joints, Rheumatisms, Sciatica's, and cold Gout, and may be applied hot to the Parts alone, or mixed with other proper Unguents.

Dit of Juniper: Take the Berries of Juniper gathered from the beginning of August to the end of September, bruise

and infuse them in them Spring-water three or four Days, and the Water of the first Infusion will serve for the rest; then take two Alembicks, the one full of Berries. and the other half full of the Infusion: (let them be made of earthen Ware!) put these into the Earth, one on the top of the other, or conveniently fastned upon the other : after having strained it with a Cloth, put it into a Furnace, and when cold open it, and gather the Oil on the top, leaving the Water to run our, and let it take as little Air as may be. This is excellent good for Strains or Afflictions of the Sinews and Nerves, and is used with Success in the Pains of the Gour.

Dil of Lities : Take of Costus, Mastick, Calamus Aromaticus, Oil of Pellitory, and Carpobalfom, of each an ounce; Cinnamon and Cloves of each half an ounce; Saffron three drams: when you have bruised them, infuse them in Water twenty four Hours, then boil them a little; and having taken them from the Fire, pour in Oil of Olives two pound, the Leaves of Lilies eight ounces, fet them forty Days in the Sun: then strain it, and take off the purest Oil that swims on the top, and take it as an excellent Remedy against the

4 Pains

Pains of the Gout, as also for the Head-ach, and many other Uses.

Dil of Lizards : Take pressed Oil of Walnuts, depurated, three pound, and three ounces of Whitewine, put them into a glazed earthen Pot with a narrow Mouth, fet in Balneo Maria, boil it till it is exceeding hot; then take green vigorous Lizards, in number twelve, fifteen, or twenty, as they are in bignels, suffocate them in the fcalding Oil; and having well stopped the Pot, boil them to the confumption of their moisture : then strain and press them, and reserve the pure Oil for use.

Oil of Lizards is commended for making the Hair grow on bald Heads, &c. It is a Specifick to cure Burstennels, the Bowels being first pur up and the Party anointed with it very warm, then laying on the Panicle that incloses the Intestines of an Animal mortisened with this Oil, and strewed over with some astringent Powder, binding on a good Pillow to keep the Bowels tight.

Dil of Mark: Three or four drops of it fasting, in a little Broth, éales the Pains of the Colick and Strangury; it comforts the Heart and Stomach, and helps cold Diseases of various kinds.

Dit of Dint: Take the Leaves of fown Mint, bruife them, let them macerate with the Juice in the Oil of Omphacine, and change and boil it as you do Oil of Rofes. This greatly shrengthens the Stomach, a few drops being taken in Wine, Beer, or Ale, and the Stomach anointed with it; it also helps Concoction, and does many other good Offices, proper to an excellent pestoral Oil.

Take two pound of the plumpest Mustard-seed, four pound of Olive-oil, grind them together, and let them stand nine Days; then pressout the Oil, and keep it for your use. It is except in case of the Pakie, cout, Itch, or any other such-like Maladies.

Dil of Mand . Take of Spicknard, cut small and bruifed, three ounces, ffrong Wine five ounces; put them into a ffrait-mouthed glazed earthen Pot, and let them infuse in a moderate hot place: then add half a pint of Oliveoil, ftop up the Pot and keep it in a boiling Balmo Maria till the Wine be almost confumed : after that Brain and prefs it fkrongly, then femarate the Oil from the faces, and keep it stopped very close for your use.

This Oil is proper to Hear, Digest, and Attenuate, being a modea moderate Closer: fo that it is very useful against Cold and Windy Afflictions of the Brain, Stomach, Liver, Kidney, Spleen, Bladder, and Matrix; it unstops and purges the Brain; Cotton being dipped in it, and put to the Nostrils, affwages the Pains of them; it is good against the Palsie and Shaking of the Nerves, allo Tumours, Suffocations, and Stranglings of the Matrix, being used as a Peffary; it is also used, by way of Injection, to affwage and allay Pains, or heat of the Bladder.

Dit to: the Merbes : Boil Nears-feet, and you will find an oily quality fwimming on the too, fcum it off, and purifie it; and in case of any Afflictions of the Nerves, anome the Place grieved with it as hot as can be endured. and it will extreamly frengthen them, taking away Pains, Aches, or Weakness in the Back, Reins, Muscles, Joints, or Nervous parts, when anointed with it Morning and Evening. It likewife cures a walting Confumption, or Pining in any part of the Body, being anointed often with it, by reason it nourisheth the flethy, or musculous Parts, adding firength to them; but is more powerful in its operation, if you take a pound of it with the Oils of Amber, Lavender, Rosemary, Oranges, of each an ounce; Camphire half an ounce: mix these well together, and in case of Strains, Coldness, or Weakness of the Joints anoint them with it, chasing or rubbing it in warm, you will find wonderful ease, and a cessation of Pain: it makes likewise the Skin plump and smooth.

Dil of Dris: Take the Roots of Florentine-Orris, and of the purple Flower, two pound; also a sufficient quantity of the Water wherein the Roots of Orris are boiled; of sweet Oil washed six pints; boil them in a double Vessel, pur in fresh Roots and Flowers till the watry part is consumed; then press out the Oil, and keep it for use.

This Oil, or Ointment, digetts crude Humours, diffolives hard Swellings, mollifies and diffcustles, digetts, and eafes Pains.

Dit of Diprey: Take thirry Scorpions, Oil of Bitter Almonds two pound; put them into a narrow-necked Veffel, and let them digest for thirty Days in the heat of Summer in the Sun; then strain it out, and keep it close stopped.

This is good against the Stone or Gravel in the Kidneys, the Reins being anointed with it, as also the Shareand Perinceum; and injected into the urinal Passage, it is also good against the Bite or Sting of any venomous Creature, and the malignity of the Plague. Some think it should be used only as an Ointment; but others hold it may be given inwardly against the Pains of the Colick and Stone, the Dose being from one to two drams in any Powder or Vehicle.

Dil of Boses to Make: Gather the Buds of those Roses, called Provence Roses, take the Flower off clean without Stalk or Seed, and put to them the Juice of other red Roses a pint; then put them into five pound of Oil Omphacine, which is without Salt, and let them stand a considerable time in a glass Vessel close fropt, viz. the space of eight Days in the Sun, if possible, after boil them three Hours, strain them, and put in fresh Roses into the Liquid : do so twice or thrice, then being strained, boil the Liquid in a double Veffel, till the Juices be confumed; and then put ir up for your use. This is extraordinary strengthening and cooling: It thickens and stays Fluxes, and helps gnawing Pains of the Bowels, if taken in a Clyster; or, otherways, in a little Whitewine, with fome. Syrup of Licorice.

Dit of Boses, another:

washed, and red Roses sust blown, bruised, and gently boiled in a double Vessel; but the thirtieth time you place it in the Sun, it must remain there forty Days, then keep the Oil and Roses together without expression. This Oil mollisses, heals Burns and Scalds; if mixed with powdered white Lead, and the White of an Egg dropped in the Ears, it easeth the Pains of them; and in the Eyes, restresses

Oil of Rue is made in the fame manner as that of Roses, and has excellent Virtues in it to warm and strengthen the Joints and Nerves, and is good for Convulsions and Palsies.

Dit of Bue: Take the Leaves of Rue, shred them small, pur about two handfuls of them into an earthen Pot, with a quart of Olive-oil, let them stand twelve Days; then boil them to the consumption of a third part; strain it, and keep it close. Four or five drops of it drank in White-wine fasting, is good against pestilential Fevers, Plague, or any infectious Disease.

cellent to provoke Sleep, by anointing the Forehead and Temples with it; mixed with a Woman's Milk, it stays the Fluxion of the Eyes. It destroys St. Anthony's Fire, the grieved Part being often anointed

anointed with it; being drank in Wine, it chears the Heart, Orc.

Dit of Dabin : This is made in like manner as the Oil of Elder-flowers: It cures and cleanses Ulcers, and takes away the Scabs in Childrens Heads, being anointed with

Dil of Scorpions : Take those of a middle size, when the Sun enters Leo, to the number of thirty; Oil of Bitter Almonds a quart: fet them in the Sun forty Days, then press out the Oil, and keep it close stopped.

This is a good Oil for the King's-Evil, old Sores, Cancers, Inflammations, and Defects of the Skin: It gives ease to the Stone, the Reins and Flanks being anointed with it, and cures the Biting of poisonous Creatures.

Dil of Divalloms: Take about fixteen young Swallows, whole Camomel, Rue, and the greater and leffer Planrain, Pennyroyal, Bay-leaves, Dill, Rolemary, Sage St. John'swort, Costmary, of each a handful; common Oil two quarts, Spanish Wine a pint. If, you take as much May-Butter as Oil, and boil these in it, it will have the Name and Confistence of an Ointment. This is exceeding good to anoint lame or decrepit Members withal; also to bath old Aches, and for

Pains and Weakness in the Joints.

Dil of Miolets : This is made of Omphacine-Oil, and Flowers of Violets, by infufion, and then pressing out the Oil: It Moistens, Cools, and Mollifies.

Dil of Miolets, another: Take the Flowers of blue Violets, clean picked from the Stalks, two handfuls : Oil of fweet Almonds, or Oliveoil, a pint; put them in a glass Vessel, and let them stand in the Sun ten Days, thifting the Violets as the former, and in every thing ordering them alike, and anoint any part that is grieved with Aches. or Pains, occasioned by Hear or Swellings, and you will find eafe,

Dil of Mipers : Take live Vipers, large, fat, and vigorous, in number twelve: the best Olive-oil two pound; strong Whitewine two ounces: put the Oil into an earthen Vessel well glazed within. Let it boil in a hor Bath till you cannot endure to put your Finger into it: then plunge the Vipers one after another into the Oil, and when they are stifled, pour in the Wine prescribed; cover the Pot, and let it boil till the moisture of the Vipers is almost consumed: then strain and press out the Oil, and separate it from the rest, and keep it for use.

This

This is chiefly commended for taking away the Deformities of the Skin, as Tetters, Scurf, Leprous Ulcers, and highly efteemed for those Ulcers that are caused by a venereal Poison; the use of it externally, is alone, or in Liniments, or Pomatums: It is also recommended for assurant the Pains of the Hemorthoids, and to facilitate the Delivery of Women, the whole Region of the Belly being anointed therewith.

Take ripe Oil one pint, Wallflowers four ounces; bruife them, and infuse them in a warm place, and so press out the Oil. This Oil strengthens the Nerves and Joints, and is good for the Palife and

Cramp.

Dil of Wiorm 15000: Take the Leaves and Tops, and bruife them, then put them into the Oil, and order it as Oil of Roles. This helps the Pains in the Bowels! Drops of it in Whitewine create a good Appetite, and reffore

the Lungs.

Dintment for Acies:
Take five or fix young Swallows; Tendrings of Strawberries, Rue, Lavender, and Bay leaves, red Nettle-Tops, Wormwood, and Horehound, of each one handful; the Gall of an Ox, and about fix black Snails, Oil of Olives half a pint: stamp the Swallows in

their Feathers whole, with the other Ingredients reduced very small, then add half a pine of Olive oil, and about two ounces of May Butter, put them into an earthen Pot well glazed, fet them over a gentle Fire, and keep them continually flirring: then strain the Ointment through a linnen Cloath, and anoint the Parts grieved with it very hot: It eases most Pains in the Joints, Slips, Strains and cold Humours that afflict the Nerves.

Distriction for Burns:
Take the Juice of Housleek, Grounsil, and Planrain, Omphacine Oil of Roses, a little Bole-Armoniack grated, and the White of an Egg; beat them up together till they come to an oily substance, and then anoint the Place where any Scald or Burn has happened; and so doing often, it will deaw away the Hear, and remove the Pain.

Dintment for Imposthumes: Take Olive-oil rwo pound, white and yellow Bees-wax, Rams-fuet from the Kidneys, clarified Rosin, black Pitch, and Venice-Turpentine, of each half a pound; the best Massich finely powdered two ounces: make these into an Ointment over a gentle Fire.

This is excellent good to break all Imposthumes, as also pestilential Carbuncles, and

venereal

venereal Buboes, by reason the Consistence of this is harder than almost any other Ointment, and it is to be used from the first breaking of Imposthumes, till the Cure be

perfeded.

Dintment foz Scalds: This is excellent either for Scalds, or Burns; Take a pound of Hogs-greafe, Whitewine a quart, the Leaves of the leffer Sage, Wall-Ivy, and Ground-Ivy, the bigger fort of Marjoram, and Housleek, of each two handfuls: shred. beat, and boil them over a gentle Fire, to the confumption of the moisture, stirring them often, and then strain and press them strongly, and keep the Ointment in a glazed Pot for your use, and use it with fuccess.

Dintment, another: Take fweet Butter two pound, melt it over a moderate Fire, put into it, when taken off the Fire, as much Snow; then scorn off the Butter that swims above the Snow-water, and add to it an ounce of Venice Cerus-powder, Camphire a dram, mixed with a little Spirit of Wine, and make them up into an Ointment over a gentle Fire.

This Ointment, among the Professors of Chirurgery, has a great Esteem: For it not only cures common Burns, or Scalds, but those with Gun-powder, Lightning, mel-

ted Sulphur, or Lead, if cu-

Dintment for the Smallpor : If you would prevent Scars, and pitting in the Face, Hands, or any part of the Body, Take a piece of fat Body, rufty Bacon, with the Rind off, and put it on a Spir, fer a pewter Platter under it with fair Water, and let the Fat drop into; and when it has dript away as much as is convenient, beat the Dripping and the Water together about a quarter of an Hour, and let them fland till they are cold : then pour out the Water, and pass the Fat with mixing through two or three Waters. till all the faltness, and offenfive Scent is gone: then wash it in Rose-water, and put it up in a Gallypot; and when you use it, melt it and petle it on your Face with a Feather. often fo doing till the Scabs and Scurf come clear away, and a delicate smooth Skin appears under them.

Dintment for Sores, Old or New: Take Honey of Rofes, and common Honey, of each four ounces; Oil of Turpentine an ounce and three quarters; Barly-water half a pint; the Yolks of two new-lay'd Eggs: mingle them well, and keep them firring over a gentle Fire, till the Water is near confumed, and they become an Ointment: then dip Rags and Pledgirs

in it, and lay to the grieved Place, often renewing them.

Dintment for the Spleen : Take Whitewine-Vinegar four foonfuls, red Holly-hock, Mallow, and Briony-roots, the Pith taken out, of each a pound: fprinkle them with the Vinegar : let it steep in, and then boil them till the Roots be very foft, then framp them and strain out the Juice. Take Boars - greafe a pound and a half, four leavened Bread four ounces: mingle them together in a Mortar, and then sprinkle some more. Vinegar on them, and over a gentle Fire make the liquid part into an Ointment, and in the Morning rub the place where the Spleen is with a warm coarse Cloath, then lay on it a piece of blue woolen Cloath, wet in the Water of a Man-Child, as hot as can be layed on, and when it wakes cold, take it away, and dry the Skin with a warm Cloath, and bath in some of the Ointment warmed in a Sawcer: rub it well in, and lay upon it a quilt of black Wool. and in fo doing often, you will find extraordinary eafe.

Dintment for Micers : Take fix pound of Butter made the latter end of May, or beginning of June, boil it over a gentle Fire, clarifie it. and take away the dregs, then. add yellow Wax four pound, Rosin two pound, and Venice-

Turpentine one pound: make these into a proper Ointment

over a gentle Fire.

This Ointment is very for lid, that it may continue on the Parts grieved, and is not only proper for the Cure of Ulcers in the Legs: but for Tetters, Chilblains, Chaps, and Rifts of the Breafts, and other Parts of the Body.

Difters : The Flesh of this Fish is nutritive, Stomachick, and restorative in Confumptions, being either pickled, flewed, roasted, or eaten raw; they open Obstructions of the urinary Parts, and encrease Seed; eaten raw, they cause a good Appetite, and are easie of Digestion, confirm a weak Stomach, and create good Nourilhment to decayed Members. are Waters, Oils, Spirits, and volatil Salts, drawn from Oisters in this manner.

Take five quarts of large Oisters, when out of the Shells, put them into a Cucurbit, and in Balneo Mariæ distil off the Water to dryness, that it is Flegm, with very little volatil Salt in it. This may be used in all Cases where a Milk Water is requisite. Then put the dried Oifters at the bottom into an earthen Retort, or a glass one well coated, fixing to it a large Receiver; and upon the Fire, though not too violent, draw off the Spirit, Oil, and vo-

latil Salt: let the Fire at first be very gentle to bring forth the remaining Flegm, then encrease it gradually, that the Spirit may follow in white Clouds; then continue the Fire, encreasing it to the highest degree: so will the volatil Salt and Oil ascend and come forth, which rectified, separate and keep for use.

The Salt restores in Confumptions. It is good against all Diseases of the Head, Brain, and Nerves, as the Apoplexy, Epilepsie, Vertigo, Lethargy, and Palfie; as also Pleurisies, and all Obstructions of the Lungs and Breast, Stoppages of Urin, Jaundice, and the like: You may take it from four grains to twelve. The Spirit has the fame Virtue, but is weaker; and therefore may be taken from twenty four to forty, fifty, or fixty Drops. The Oil fmells very ffrong, and therefore must be rectified. The fmelling to it is good-against Vapours, and Hysterical-Fits, especially being anointed on the Nostrils. Take of the Oil two ounces, Spirit of Niter one ounce: mix and digest them ten Days, then add eight ounces of rectified Spirit of Wine, and digest it a Month; filter it, and keep it close. This opens Obstructions, and prevails powerfully against the Colick and other windy The Dose is from twelve to thirty drops.

Difters Broil'D the Dutch way: Take two quarts of large Oifters, open and parboil them in their own Liquor: put them into a strainer, and then into a Pipkin. with some Mace, Butter, and flices of Onions; then stew them, and after that lay the Shells on a Grid-iron, and put two or three of them into a Shell, and there let them broil or Stew in their Liquor; and fo fetting them on Plates, fill them with beaten Butter, and ferve them up.

Difter Chewits : Take three quarts of large Oisters ready opened, and parboiled in their own Liquor, then wash them in warm Water: dry them, and mince them very fine, feafon them lightly with Salt, Pepper, Cloves, Mace, Cinnamon, Carrawayfeeds, fome minced Railins of the Sun, fliced Dates. Currrans, Sugar, and half a pint of Whitewine: mingle all together, and put Butter in the bottom of the Pies; fo fill them up and bake them. These must be very small Pyes, and ten or twelve of them ferved upon a Place together.

opens Obstructions, and prevails powerfully against the Colick, and other windy Obstructions of the Bowels. Distructions of the Bowels.

Venegar,

Vinegar, fliced Nutmeg, large Mace, whole Pepper, Cloves, a little Salt; and having given them a warm on the Fire, for them off, and let them fleep two or three Hours; then take them up, and dry them, and dip them in a Batter made of Flower, and the Yolks of Eggs, fome Salt, and Cream, and so fry them; and when they are fried, keep them warm then take some of the Spices, Liquor of the Oisters, and some Butter, beat them up thick, with some slices of Orange. or Yolks of Eggs, and dish the fried Oisters over a Chafingdish of Coals: run the Sauce over them with the Spices, and garnish them with Barberries, and grated Mancher, and then ferve them up.

Difter-Jelly : Take ten Flounders, two fmall Pikes. or Place; and four ounces: of Isinglass finely cleansed, boil them in an earthen Velsel in two quarts of Spring-water, and as much Whitewine. with fome fliced Ginger, and large Mace; and being boiled to a Jelly, ftrain it through a Strainer into a pretty deep Dish, and when it is cold, pare the top and bottom, and put it into a Pipkin with the Juice of fix or feven Lemons to each two quarts of Jelly, also three pound of fine Sugar beaten with the Whites hard Eggs muff be layed in

of twelve Eggs. Rub altogether with a Rolling-pin. and put among the Jelly, being melted, but not too hot : fet the Pipkin on the Fire to flew, put into it a grain of Musk, and as much Ambergrease well rubbed, and let it shew half an Hour on the Embers: then flew the Oifters in Whitewine, their own Liquor, and the Juice of Oranges, Mace, fliced Nutmeg. whole Pepper, and fome Salt; and having dished them with Iome preserved Barberries large Mace, or Pomegranatekernels, run the Jelly over them, and garnish them with preferved Lemons : large Mace, and preferved Barberries.

Difter= Dve : Parboil your Oifters, and feafon them with Pepper, Salt, and Nutmegs, and the Yolk of hard Eggs; and the Pye being made, put a few Currans in the bottom. and lay on the Oisters, with fome fliced Dates, blades of large Mace, fliced Lemon; and Barberries; then put on Butter, and close it up, and bake it: then liquor it with Butter. Whitewine, and Sugar beat up together.

Or this way : Scafon them as before, but boil them not ; put in two or three Onions cut in quarters, but leave out the Currans, and Sugar, ffice a Nutmeg on them, as also

halves

halves with large Mace, and Barberries; liquor them as before, only add to the Liquor, Juice of Oranges.

Ditter Shells: Take the inward part of the Shell, that is of a shining White, or Pearl colour, and reduce it to powder by calcining: It easeth Heart-burnings, and the Pains of the Stomach, and Colick; as also other Pains of the Bowels, proceeding from sharp ness of Humour; it chears the Heart, and has almost the Virtue of Pearl.

Dlibes, their Virtues : Olives are gathered, either that Oil may be extracted out of them, or that they may be referved for Banquets by pickling them in Salt and Water: The Olive hath in it a very restringent Virtue; for the Decoction of the Leaves in a Clyster, stayeth the Flux of the Belly, and the Juice with Whitewine, or fair Water, being often drank, restraineth the Bloody - flux : The Sap distilling out of the Olive-Tree, or that out of the Wood where it is burning, cures the Irch, Tettars, and Ring-worms. Leuk-Olives, especially being eaten, provoke Appetite, and get a good Stomach : The Oil extracted, or rather flowing from them of its own accord, is of fingular Virtue, being either applied outwardly, or nwardly, according to the indisposed Parts of the Body. It looseth and mollisieth the Belly, abateth the force of Poison taken inwardly; and if any Venom, Burn, or Scald, happen on the outward Parts; bath it well with this Oil. It is so generally approved, that few Oils, Unguents, or Salver, are compounded without it.

Dieum Bagiftrate: Take a quart of the best old Whitewine Olive-oil three pounds. Hypericon half a pound, Carduus Benedictus, Valerian the least, and Sage, of each four ounces; steep them in the Wine and Oil twenty four Hours, then boil them in a nealed Pot, or copper Veffel, keeping them fliring over a gentle Fire, till the Wine is confumed; strain it, and melt in a pound and half of Venice-Turpentine, then fet it again on a foft Fire a quarter of an Hour, add Olibanum five ounces, Myrrh three, Sanguis Draconis one ounce, and make it into an Ointment. It's good against Sores, Wounds, Gunthot, Blafts by Gun-powder and Pains in the Joints.

Duton: This is proper to fuch as are afflicted with cold vicious Humours, because they procure Sleep, and help Concoction, prevent sower Belchings, open Obstructions, force Courses, and the Urin, promote insensible Transpiration; but are not proper to be

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taken by those that are of colerick Conflicutions, because they disturb their Heads, and cause troublesome Dreams, and offend the Eyes; an old Onion steeped in Water a Night's time, and the Water with a little Honey given the next. Morning, kills the Worms in Children : large Onion filled with Venice - Turpentine, and roaffed, forces hard Swellings. laid Plaisterwise; also opens them : a raw Onion, framped with Salt, draws the Fire out of Burns, or Scalds; and the inward Cloves, under the feveral Goats of a raw Onion, laid to the Gums, eafe the Pains of the Tooth-ach.

Dpiate-Diatifer to Make: Take the great Diachylon four ounces, Quick-filver two ounces, Opium one ounce; mingle them, and make them into a Salve, with a very gentle heat, and apply Plaisters of it to any Part afflicted with Pains

or Aches

Driate for the Coothach: Take Camphire two drams, Caftor half a dram, Opium one dram; bring these into a powder, mix them with the Syrup of Gillislowers, and make an Opiate.

This affwageth the Pains of the Teeth very speedily, and if any of them be rotten, put a very little of it into the hollow Tooth, and leaving it

there, it will ease it.

Opthalmick Dintment : Take Oil of Rofes two ounces, Narbone-Honey half an ounce, choice Aloes, and Sarcocol, of each two drams: infuse them three Days in a Woman's Milk without ftiring, yet thift the Milk very gingerly, powder of white Trochifcs of Rhafes, Bolearmoniack, Tutty prepared, of each four scruples; white Vitriol, and Sugar-candia, of each one dram; Powder of Saffron, Myrrh, and Olibanum, of each two scruples ThebeianOpium fifteen grains: make of these an Ointment according to Art.

This is excellent for Infirmities of the Eyes: Put to this purpose a large drop of it into the Eye, and sleep upon it, and in the Morning when you rise, wash it with white Rose, or Plantane-water; and so order it once or twice after the first time, and you will find wonderful Benefit.

Dranges to Dry: Rasp or scrape off their outward Rinds, cut them into halves, and take out their Pulp; lay them in Water three or sour Days, then shift them into fresh Water, and boil them tender, shifting them likewise in boiling, to take away their bitterness: When they are tender, take them out, and wipe them with a clean Cloath, and put to them as much clarished Sugar as will cover them.

them, and let them boil leifurely two Hours: then take them off the Fire, and put them into an earthen Vessel for four Days; then let them on the Fire again till they be thorough hot: let them drain, and take fresh Sugar, boil it to a Candy heighth, and put your Oranges to the hot Sugar; which being boiled up, take out the Oranges, and lay them on a Wyre, or Sieve, to dry in a Stove, or Oven, and within ten Days they will be dry, and fit for use. In this manner Lemons are candied.

Dange-Barmalabe: Take the fairest Rind Oranges, cut them in halves, and take out the Pulp, boil the Peels tender in fair Water, often shifting, to take out the bitterness; then take them up, and squeeze all the Water from them; beat them in a stone Mortar with the Pulp of three or four yellow Pippins; then strain, and boil it with stirring until it become thick: take it from the Fire, and lay it on white Paper, and take as much refined Sugar as the Pulp weighs, put it into a Pan, with as much Rose-water as will melt it; boil it to a Candy height, and put the Pulp into the Sugar, keeping ftirring till it rifes from the bottom of the Pan: then put it into Boxes, and to into a Stove uncovered; and when it is tolerably dried, cover it up for your use.

Oranges, a Past: Take Oranges well coloured, and boil them in Water, shift them six or seven times in the boiling, and put into the first Water a handful of Salt; then beat them in a wooden Bowl, with a wooden Pestle: strain out the Pulp, and take the weight of Sugar equal to them; boil it up to a Candy height, dry it on Plates, and fashion it as you please: And in this manner you may make Past of Lemons, or Citrons.

Dranges: The Water of thefe, besides the pleasantness of the Fruit, and other Advantages that arife from them, being distilled in an Alembick. by paring the Oranges, and putting the Peels into a convenient quantity of low Wines, or Spirits, is not only excellent in Scent, and may be sprinkled as a Perfume to give a fragrancy to what you pleafe to asperse it on, but is very good in pestilential Fevers: It strengthens the Heart and the Brain. Three or four spoonfuls taken going to Bed, canfes likewise a gentle breathing Sweat. The Juice of Oranges is cold, and therefore relisteth Corruption, and is given with a little Sugar, fuccessfully to cool and temperate the Blood in Fevers and hot Diseases.

Dipin: This kind of Herb is vulnerary and aftringent, and is thiefly used for healing Ulcers of the Bowels, occasioned by the Bloody-flux, also for Ruptures and Burns. Tis held excellent in easing Pains both in fresh Wounds, and old Ulcers. The Herb roasted on Embers, and mixed with Hogs-Lard, cures a Fellon.

Officcolla : This is a kind of a Stone found in Saxony, Silesia, &c. and grows in the Sand like a Coral. It is of a glutinous Quality, and therefore of excellent use for binding and knitting broken Bones, immediately breeding Matter for a Callus, and thereby hastening the Conglutination. The Dose, in subtil Powder, is from one to two drams in any convenient Liquor, and outwardly to be applied to the Place in a Cataplasm, or Emplafter. Aldrovandus affirmeth, That broken Bones being rightly placed, and tied up, it heals them, being used outwardly with a mixture of the Oil of Cranes-Bill, and inwardly with red Wine. It dries and binds without Agrimony, and is good against Poison and the Plague.

Duzle, its Dung: Half an ounce of the Dung of this Ouzle, or Black-bird, mixed with two ounces of the Juice of Lemons, and a dram of the Powder of Camphire, and applied to the Face, or Hands, takes away Freckles, Lentils, and other Deformities of the Skin. The Flesh of this Bird frequently eaten, wonderfully restores Confumptive People, and gives ease to the Colick Pains, and is held to be prevalent against the Dysentery, and Infection of the Plague, especially the raw Flesh being applied to the Sore, draws out the Poison.

Of this an excellent Cosmetick is made in the following

manner:

Take four pints of the Galls of an Ox digested twenty four Hours in Balneo Mariæ; Roach Alom, Salt, and of glass powdered, of each one dram; mix them well, and put them into a Matras, stop it carefully, and expose it in May to the heat of the Sun, shaking it four or five times a Day; then filter the Materials, and in the filtered Liquor put two ounces of Porcellane powdered very fine, and diffolved in the Spirit of Vinegar ; Borax and Sperma-Ceti, of each an ounce: fweetSublimate, and Camphire, of each three drams; then expose them to the Sun again ten Days, often shaking the Ingredients: then filter the Liquor, and keep it for its proper ule.

Drymel Simple : Take of the best Honey four ounces, of Spring-water, a pound, or pint; boil them till half the Water be confumed, then pour them into a pint of them boil to the thickness of

a Syrup, and take about half an ounce at a time. This extenuates groß Humours, and carries away flimy Matter opens old Obstructions, and Obstructions of the Lungs, Whitewine-Vinegar, and let with Flegm, and what Caufes arise from shortness of Breath.

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Ain of the Bladder: Take of Pulegium, and Spicknard, of each a littlequantity, bruife them, and putting them into a little Bag, apply it warm, as near as you can, to the Place grieved, at the same time drinking about a quarter of a pint of the Decoction of Horehound, boiled in a like quantity of Wine and Water.

Pain in the Eyes: Take Melilot-flowers, the Flowers of Marigolds, and Elder, of each a handful; Linfeed, Fenugreek, Fleawort, Cummin, and Quince-kernels, of each half a scruple; French Barly half an ounce, Damask Roses half an ounce, Spring-water a pint and half; mix and make a Decoction, with which foment the Forehead, Temples, and Eye-brows, being fufficiently warm : and by

often using it, the Pain will not only be abated, but the Eyes will be very fresh and lively, the fight more quick and penetrating than usual.

Pains in the Loins : Take of Quick-fulphur half an ounce, beat it into Powder, mix it with an ounce of Hogs-lard, powder the Seeds of wild Mint, add a little Wheat-flower, and make them into a Plaister, or Ointment, with a little Wine over a gentle Fire, and apply it warm to the Place grieved, often renewing it.

Pain of the Stomach : Take a quantity of green Peach - leaves, bruife them with Knot-grass, boil them in Whitewine to the thickness of a Poultis, and apply them warm to the Stomach; or, Take Rue, Dill, Cummin, and Smallage, of each half a handful: boil them in a pint

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and a half of Whitewine, the Leaves picked clean from the Stalks, then add three pound of Olive oil, boil them again; and being taken from the Fire, dip therein fo much unwashed Wool, as, spread pretty thick, may cover the Stomach: lay this where the Grief is most apparent pretty hor; and when the heat has dried up the moisture, anoint the Stomach with Oil of Nard, and walk about with a quick motion. This remedies that Disease of the Stomach likewise called Nausea.

Dannabo to Make : Take a quart of Spring-water, and put it on the Fire in a Skillet, then cut a Penny white-Loaf in flices, about the bigness of a Sixpence, and as thin as a Wafer, and lay it on a Dish placed on a Chafing-dish of Coals; then put it into the Water with a handful of clean pick'd Currans, and a little large Mace: and being boiled to a fufficient thickness, season it with a little fine Sugar beat well and dissolved in Rose-water.

Parfly: It hath many Properties in Physick, as well as for Kitchen uses, viz. the Decoction of the Leaves, or Roots thereof, openeth the urinary Passages, bringeth away Sand and Gravel, easeth Colick, and the Pains in the Reins, being used in the nature of a Fomentation upon

the grieved Parts: And the Seed is of the greatest Virtue in those Matters; it voideth Windiness in the Bowels, and is good in the Biting of any venomous Creature. often eating of Parily, or drinking the Juice of it, fweetens the Breath. bruised with the Crumbs of fine White-bread, and applied. it healeth Tetters, and Ringworms, and affwageth the Swelling of the Dugs. It diminishes the Milk of Women in Child-bed.

Patt of Apricocks : Take the ripest Apricocks, pare them very thin, and let them in a Preserving-pan over a gentle Fire, with as much Water as will keep the bottom of the Pan moift : then break them, and ffir them about with a Skimmer, fuffering it to stand till the moifture confume, and they come to something of a driness: then with Sugar boil them to the thickness of a Conferve; and fo, by continuing longer, it will become stiff in order to a Past.

Past of Cherries: Boil fome of the ripest Cherries till they are reduced to a soft Pulp, then strain them through a coarse Cloath, or hair Bag, and boil a fourth quantity of Pippins, nor over-ripe, till they are very soft: then take away the Core and Rind, and mash them into Pulp: add to

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these an ounce of fine Sugar to every pound, spread it then on Plates, and fashioning it as you please, let it dry

for your use.

Balt to scotoge the Bands: Take the Husks of Bitter Almonds half a pound, bruife them in a marble Mortar, fprinkling on them a little Salt and Aquavitæ, then add two Yolks of Eggs, and Narbone Honey one ounce and half; Orris-roots, finely powdered, one ounce: mix and mould them well together, and make them into a Paft, and use it as you see occafion.

This is excellent to cleanle the Hands, and is easily prepared: There is little occafion for wetting it in Water; for it may be used as it is prepared, if you let it not dry

too much.

Parfip = Water : This muft be distilled from the Leaf. Root, and Stalks, in Balneo Mariæ, being gathered in the beginning of the Spring. It Attenuates, Opens, Cleanfes, and is Hepatick and Diuretick. infomuch that many allow it to cure all Pains and Effects of the Stone, where the Party frequently and freely drinks of the Water: but this is certain, that being exceeding Diuretick, it nevertheless forces without Pain, and makes the Urin come freely from those that have had Obstrict ctions for many Years; and, in some, it has brought away the Urin with ease, after it had been totally obstructed for many Days. It may be taken from fix ounces, sweetned with white Sugar-candy, or alone, to eight, or you may add to it ten or twelve grains of Salt of Tartar, or what other Diureticks you think convenient.

Bear-Die : Take Wardens, or other hard Winter-Pears, bake them with a little Water, and a good quantity of Sugar, in a Pot covered with a Lid of Dough. Let them not be fully baked e're you draw them: then quarter them, taking off the Rind and Core, raise a Coffin of Past, and between every laying fcatter a few Cloves, Cinnamon, and candied Orange-peel cut small; and putting in the Liquor that iffued from them in the Pot, let them bake to a fitness.

Pear-Die, another: Bake your Pears first in an Oven, either upon the Stone, or in a Pot; peel and core them, put them in halves into your Gossin, with some slices of Quinces between them, and the shaving of Lemon-peel, some whole Cloves, Cinnamon, and Sugar; and when baked, raise the Lid on one side, and put into it some Cinnamon Powder, beaten up with Sugar and Rosewater, and

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o ferve it to the Table, either hot or cold, as you pleafe,

Dear Budding : Take a cold Capon leor one half roafted, which is the best of the two then fhred fome Suet very fmall, as also the Meat taken off the Bones? with half has much grated Bread, and two spoonfuls of Flower beaten Nutmegs Mace, Cloves, and Sugar, as much as will featon it, half a pound of Currans, the Yolks of two Eggs, fix Pears, the Pulp of them, and as much Cream as will make it up into a kind of a Past; then make it up into the fathion of a Pear, flick a piece of Cinnamon for the Stalk, and for the Head a Clove.

Dearls to Militen: Take half an ounce of Bean-flower, Lime, and Eggs an ounce, white Salt a pound, Water of Confound, Alcohol of Wine eleven ounces; diffil the Water; and if you wash folid or clouded Pearls in it, it will restore them to their native Lustre.

Dettoral Dills for the Lungs: Take Tears of Storax two drams, Juice of Spanish Licorice a dram and half; Tincture of Saffron four feruples, Labdanam, Olibanum, Myrrh, and Extract of Opium, of each a dram; Ambergrease a scruple, Syrup of Curonpeels, as much as suffices to make a mass for Pills.

These Pills stop Defluxions on the Lungs wand asswage Goughing. The Dose to be taken, is five or fix grains at Night.

expect boild in Whitewine is good against the Ague, and in most cold Diseases, but is more scommonly used in seasoning Meats, than in Physick, and indeed in more proper in the general to that purpose, by reason its driness qualifies the mossifure that ever abounds in many-Meats, and causes it to digest kindly in the Stomach.

Berfumed-Cabes : Tako Benjamin four ounces, Storax two ounces. Landanum a dram, Cloves, in number; twelve. Calamus Aromaticus a dram, and a little Citronpeel : Take a new glazed earthen Pot, and boil the Benjamin and Storax in it in half a pint of Rosewater for an Hour, if the moisture holds long, without being evaporated; then put in the rest of the Materials mention'd in a little Linnen Bag, adding more Rose-water: and when they have boiled a while , take them off, and strain them through a Linnen Cloath: and fo foon as cold, there will be a curious perfumed ranter inches far

Take of Myerh a nicrople; Musk, or Cive, the like quan-

tity,

tity, Oil of Nutmegs as much: infuse them in Rose-water, and with it, when well dissolved, sprinkle your Confections, or Sweet-meats, and they will have a curious pleasant Scent, which will likewise add much to the slavour in the Tast.

Derfumes of flowers : Extract, through a Retort, after the manner of Aquafortis, the Spirit of Saltpetre, or common Salt, and keep it close stopped in a Bortle; then take what quantity of Violets, Roses, or other Flowers you will, and put into an Alembick with an ounce of the Spirit of the faid Salt, a pint of Springwater, and fo proportionably till the Alembick be full, and let them infuse twenty four Hours till you see the Water well coloured, which pour out by inclination into another Glass, and it will carry with it the colour and smell of the Flowers infused, though it. leaves the Flowers fresh, as if they had been newly ga-

Berfumed Domber: Take Florence-Orris a pound, dried Roses a pound, Benjamin two ounces, Storax one ounce, Cloves two drams, yellow Saunders an ounce and a half, Cloves two drams, a little Citron-peel; bear all to sine Powder in a Mortar: put to this twenty pound of

ethoral.

Starch, or Rice, ground; mix it well, and finely fifting it, keep it very dry for use, and it will prove an excellent perfuming Powder.

Berfumed Math-Balls: Take what quantity of Musk you please, dissolve them in sweet compounded Water; then take about the quantity of one Wash-ball of the Composition, and mix it together in a Mortar; then mix and incorporate them with your Past; and making them up into Balls they will all of them retain a curious perfumed Scent.

Derfum bedlater: Take Calamint, Storax, Benjamin, Cloves, and Mastick, bear them well together, and put them into Aquavite, or the Spirit of Wine in a glass Viol, and when the Liquid is changed to a red colour, infuse in it a grain of Musk, strain it, and keep it for use.

Pericarpium for Agues: This, especially for the Tertian-Ague, has been often tried with good Success, wiz. Take a handful of Rue, newly gathered, half a handful of Sage, a spoonful of Bay-salt, and a spoonful of good Vinegar; bear all these well together into an uniform Mass, which must be divided into two parts, and make thereof two Wrist-plaisters, to be applied at the usual time before

the coming of the Fit, and to be renewed, as occasion requires, till they grow dry and troublesom.

Dithitick, a Remedy: Bruise a handful of Bertony-leaves, put to them half a pound of Honey, half an ounce of Licorice-powder, and Pine-Apple-kernels, that have been boiled in White-wine bruised small: make these into an Electuary, and let the Party rake about a quarter of an ounce at a time.

Some for this have only eaten the Lungs and Heart of a wild Goofe boiled with Hyffop, and have found great eafe by it; yet I cannot but second the more effectual in the Core.

Dickled artichoaks: Take the best Bottoms of Artichoaks, parboil them, and when they are cold, and well drained, dry them in a Cloath to take away as much of the remaining moisture as can be; then putting the Bottoms, without the Choak, and but a few Leaves remaining on, into an earthen Pot, boil fome fair Water, scum ir till no more will rife, and mix with it fo much Salt that it will bear an Egg; put these to the Bottoms then melt fweet Burter, pour it on this Water. and it will, by foreading make a Coat to keep the Air out; then tye it over with Paper, or Leather, and they will keep all the Year: fo that having occasion to boil them for ferving up at Table, lay them in Water fix Hours to take out the Brine, then boil them.

Pickled Difters : Take about a quart of the largest Stewing Oisters, with the Liquor that comes from them. wash them clean, and wipe them; put to them a pint of fair Warer, half a pint of Whitewine-Vinegar, and half an ounce of whole Pepper, a handful of Salt, and a quarter of an ounce of large Mace: put Liquor, and all together, into an earthen Pot over a foft Fire, let them fimper, but not boil, about a quarter of an hour; then take them up, and put them into a little fair Water and Vinegar, till they are cold, and then put them into the Pickle they were boiled with, and Pot 'em up close for your ufe.

Dig to Diels: To do this the French way, which is highly approved, The Pig being scalded and drawn, spit it, and lay it to the Fire; and when it is thoroughly hor, take off the Skin, cut it off the Spit, and divide it into twelve pieces: then take Whitewine and strong Broth, and stewart therein with an Onion of two minced very

fmall,

fmall, as also some stript. Thyme, Pepper, grated Nut-meg, and two or three Anchoveys, some elder Vinegar, Butter, and Gravy, beat up well together: dish it up with the Liquor it was stewed in, lay slices of French Bread under it, garnished with Oranges and Lemons

under and upon it.

Big to Diels, another way: Scald, draw, and wash it clean, put a Crust of Bread, and fome Sage in the Belly prick it up, and spit it, roast it, and bast it with Butter, then falt it; and being roafted fine and crifp, make Sauce with chopt Sage, Currans, a little grated Nutmeg boil'd up in fair Water and Vinegar; then add a little grated Bread, the Brains, some Barberries, and Sugar : give thefe a warm or two with good ftirring, and adding a little beaten Butter, divide the Pig's Body, and Head, take off the Ears, place them on the Shoulders, and so serve it up: Or, this way,

Mince fome fweet Herbs, as Sage, and Fennyroyal, rowl them up on Balls, with fome Butter, and prick them in the Pig's Belly; roaft him: and being roafted, make Sawce with fome Butter, Vinegar, the Brains, and fome Barberries, and ferve it up:

Flea it, only the Head, and

Ot.

truss the Head looking over its Back, fill the Belly with a Pudding made of grated Bread, Nutmeg, a little minced Suet, and two or three Yolks of raw Eggs, a little Salt and Cream; roast it, and prick it up, bast it with Yolks of Eggs: being roafted, squeeze a Lemon over it, and dridge it with grated Bread, Pepper, Nutmeg, Salt, and Ginger; then make a Sauce with the Yolks of hard Eggs, minced Vinegar, Butter, and the Gravy, and ferve it on this Sauce.

Dig to Souce : Scald a young Pig, and boil it in fair Water and Whitewine, a quart of the latter to a gallon of the former, put to it a dozen Bay-leaves, Ginger fliced, and Nutmegs quartered, and half an ounce of whole Cloves; let it be boiled tender : then take it out, and lay it a cooling; which done, put the Liquor it was boiled in, into a Tray, or Pan, and put it in, so that it may lie covered, adding only a little Salt, and Whitewine-Vinegar; and in this manner it will keep a long time.

Take off the Skin of a young Pig, and cut it into quarters, feafon it with Pepper, Ginger, and Salt, finely beat and mixed, lay it in a Coffin of Past made in the fashion of a

Pig

Pig, shred a handfull of Parfley, and about fix Sprigs of Winter-Savory; strew this over the Meat, and on that the Yolks of two or three Eggs, hard boiled and grated fmall; upon that a few Blades of Mace, and some Bunches of Barberries, a handfull of Currans washed and picked, and half a handfull of fine Sugar, half a pound of sweet Butter spread thin, so close it. and let it foak in an Oven not over-heated, about three hours: then beat up a pound of Butter, with a little Sugar, pour it into it, and ferve it up with a little Sugar scraped over the Lid.

Digeon-Dre: To order and feafon this, Take an ounce of finely beaten Pepper to a dozen of Pigeons; put Butter rouled up in Balls, with a little fine shred Parsley, into the Belly of your Pigeons, and two pound of Butter is sufficient for the whole Pye, wherein are only a dozen of Pigeons, sprinkling them likewise with a little Salt, before you close up the Costin.

Digcons, allater of them: To make an excellent Cosmetick, Take this way, Gut two young Pigeons, and cut them in pieces, grated White-bread half a pound, Peach Kernels, and the four great cold Seeds c'eansed, of each four ounces: The Whites of twelve Eggs, and the Juice of four Lemons; macerate them twelve hours in two quarts of Goats Milk, then diffill them in Balneo Mariæ. To the distilled Water put Borax, Camphire, Sugar-Candy, burnt Alom, of each three drams; fet them in a Glass in the Sun, three days, then fifteen days in a cool Cellar; filter the Water, and keep it for use.

This smooths, beautifies, and wonderfully preserves the Complexions, if the Face, Hands, or other parts be washed with it twice a day.

Digeon Water, another: Take fix ounces of the Powder of choice Myrrh, two young Pigeons, gut them, and cut them in pieces; put to them Whey and Canary, of each a quart, the bigger Housleek, Juice of Lemons, and ripe Pippins, of each one pound; water of Roses and Lillies, of each half a pint : two Whites of Eggs : mix these together in a glass Alembick, distill them in Balneo Mariæ, and preserve the Water as an excellent Beautifier and a reftorer of a fresh and lively Colour: Or,

Take Strawberries, a pound and a half, Flowers of Lillies, and Heans, of each half a pound; Roach Allom, and Stone-Allom, of each an ounce; Sal Gemmæ, Nitre, Verdigreafe, of each two drams; infuse them fifteen days in Malmsey-Wine, Narbone Ho-

ney, Whitewine Vinegar, of each a pint: distill them in a moderate Sand Bath, and keep the Water as very rare and excellent to take away Freckles, or Morphew, from the Face, if you dip Linnen in it, and lay it on the place going to Bed, and wash it off the next morning with Water of Lillies.

Dike to Boil: Take as much Whitewine and Water as will cover it : fet the Liquor to bail cleanse the Civet. and trus him in a round Ring. fcorch him on the back, and when the Liquor boils, put him in , and make under it a quick Fire; being boiled enough, take him up, and for Sance, take Whitewine - Vinegar, Mace, whole Pepper, a handfull of Cockles, or Oysters boiled, or fryed, fweet Herbs, finely shred, and the Liver of the Fish minced, and scrape in a little Horseradish: these being boiled together, dish up the Pike on Sippets, and beat up the Sauce with fweet Butter and minced Lemon, garnishing with sliced Oranges or Lemons.

19the 2520tled: Split it, and footch it with your Knife, on the out-fides, as you do a Herring; then Salt it, and having the Gridiron very hot, lay it on a clear fire, baft it with Butter, and turn it often, and being broiled stiff and crife, serve it up with

beaten Butter, Juice of Lemons, and Wine-Vinegar, garnish'd with slices of Oranges or Lemons, and the tops of Rosemary.

Dike to fry: Cleanse it well from the slime and blood, dry it, and slowring it, roul it round in your Pan, or slit it, and fry it pretty crisp with sweet Butter; then for Sawce, beat up Butter, Claret, Oyster-Liquor, Nutmeg, Salt, and garhish it with sliced Oranges, Lemons, Barberries, and fryed Parsley.

Bike Bah'd: Bone and scale it: then mince it with good fresh Eel; then put in fome fweet Herbs finely minced, and ftripped Mace, Ginger, beaten Nutmeg, Pepper, and Salt, stew it in a Dish with a little Whitewine and fweet Butter; and when it is stewed sufficiently, serve it on fine carved Sippers, and lay on fome large stewed Oy sters, some fryed in Batter. others green with the Juyce of Spinage, others yellow with Saffron; garnish the Dish with them, and run it over with beaten Butter.

Dike to Roaft: Scrape him well, and take out the Entrails, lard the back with Pickle Herring: then take Claret-wine and large Oyfers, and having featoned the Oye flers with Pepper and Nutre meg, fluff the Pike's Belly with them, intermix'd with

Rofe-

Rosemary, Thyme, Winterfavory, fweet Marjoram, and fome flices of an Onion: then fow up the Belly, and with two flat sticks about the breadth of a Lath, bolfter up the fides of the Pike; then bast him with Butter and Claret-wine, beat up together, having eyed Rosemary and Bays to keep off the hear coming too much where the Laths do not defend it from the scorching; and when it is wasted, or roasted, take it off, and take out what is in the Belly of it, and with what has dropt from it. some beaten Butter, and Claret, dish it up.

Dite Douced : Draw it. and wash it clean from the blood and flime, and then boil it in Water and Salt, putting it in when the Liquor boils up, and suffering it to boil leifurely, feafon it well with Salt, but beware you boil it not too much, nor in more Water than what will just cover it; and if you defign to keep it long in the Souce, you must put as much Whitewine as Water, with fome Wine, Vinegar, flices of Ginger, large Mace and Cloves, when the Wine, Vinegar and Water boil, adding a little Lemon-peel, boiling it up quick, but not too much: then pour on the Liquor, and cover it up close, and when you ferve it in Jelly, dish and

melt some of the Jelly, and run it all over; garnish it with Bunches of Barberries, and sliced Lemon, and when you serve it up, you may lay round the Dish, divers small Fishes, as Bleak, Dace, Gudgeons, Roach, or the like, for the greater setting off, and ornament.

Dite to Stem : Afrer you have dreffed your Pike, open the back, and lay it as flat as if you were to fry it; then lay it in a large Dish, and put Whitewine, so that it may cover it; fet it on the fire, and let it boil gently till the Scum arife; then take it off, put to it Currans, Sugar and Cinamon, as much as will feafon it; cover it close then with another Dish, and stew it a little longer : after this, put in a good quantity of Butter; then dish it up with Sippets, and the Liquor it is stewed in, garnishing it with Barberries, and stewed Prunes.

way: Take your Pike, splat it, and lay it in a dish, and when the blood is washed out, put to it as much Whitewine as will cover it, and set it a stewing, and when it boils, put in the Fish, and scumm it; then put in some large Mace, whole Cinamon and Salt, and being well stewed, dish it up on Sippets finely carved.

Then thicken the Broth with two or three Yolks of

Eggs,

Eggs, fome thick Cream, Sugar, and beaten Butter; give it a warm, and pour it on the Pike with fome boiled Currans, and boiled Prunes, layed all over it; as likewife fome Mace, Cinamon, and Bunches of Barberries, and fliced Lemon; garnish with the fame, and scrape on fine Sugar. In this manner you may stew Carp, Bream, Barbel, Chevin, Roach, Conger, Gurnet, Tench, Dace, Pearch, or Mullet.

Bikes to Douce and Telly: The Fish being scalded and cleanfed, bone it, and feafon it with Nutmeg and Salt: rowl up three or four Pikes like Brawn or coloured Bel, and bind them in that posture; then put them in a clean Cloth, and boil them in Water, Whitewine, and Salt, with the Spice observing always, that the Pot boils before you put them in; keep it scummed, and add some large Mace, and flices of Ginger: If you only intend to fouce them, boil them not down to much; but if they are to be Jellied, put to them fome Ifinglass, and serve them up in the Collars, standing in the Jelly: and thus you may do with Eels, Tench, Salmon, Congen, &c.

Dike, and athite-Broth: Here the Pike must be cut into three equal pieces, and boiled in Water, seasoned in

a little Salt, and sweet Herbs when it boils, beat in the Yolks of six Eggs, with a little Sack and Sugar, melted Butter, and some of the Broth: then dish the Pike, putting the Head and Tail together, cleave the middle piece in two, and take out the Back-bone, put one piece on the one side, the other on the other; blanch all, pour the Broth on, and garnish it with Sippets, sine Sugar, or Ginger, and serve it up.

Take Trochifes of Alhandal half an ounce, Galbauum, Myrrh, Aloes, and Amoniack, of each three drams; Mercury precipitated, prepared with Gold, two drams; Scamony, Jalap, the whitest Agarick, one dram and half; pressed Oil of Nutmegs one dram; Amber, Cinnamon, and Cloves, the Oil of each six drops; Extract of Juniper as much as will make these into Pills.

The Pills are much commended for remedying what they are propos'd for; also in Quartan-Agues, Dropsie, and Jaundice, and the Retention of the Mensfruums; the weight of each Pill must not exceed two grains, and they may be taken two or three of them as often as, is necessary.

Ditts Directick : Take Chies Turpentine, and white Virial

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Vitriol finely powdered; mix them into a mass, and make Pills of them exceeding fmall.

The vomitive quality of the Vitriol, being corrected by the Turpentine, the Pills work good Effects, especially in all difficulties of making Water, being given from half a dram to a dram.

Take Elaterium, and Extract of Aloes prepared, with the Juice of French Orris, of each half an ounce; choice Mafick made into Powder two drams: make them up into Pills, according to Art, as small as is convenient.

These Pills powerfully purge Hydropick-Waters; they are to be taken in a Morning fasting, from six to twelve, or fifteen grains, using them as often as occasion requires.

Astlis for the Green-ficknefs: Take Extract of Mars,
prepared with Musk, one
ounce; Aloes-Succotrine, prepared with the Juice of Succory, fix drams; Extract of
Rhenbarb half an ounce, Extract of Saffron two drams,
diffilled Oil of Cinnamon fix
drops; mix them to a mais,
and so make small Pills of
them.

These Pills cure the Greenfickness in young Virgins, the Party so grieved taking a scruple at a time in a Morning fasting, and drinking asof Wormwood wine, and walking after that about an Hour, for leveral Mornings.

together.

Take Extract of Licorice, two drams and a half, Tears of Storag two drams, diftilled Oil of Cinnamon fix drops, Extract of Saffron four fernaples, Labdanum, Olibanum, choice Myrrh, and Extract of Opium, of each one dram; Ambergrease one scruple, Syrup of Citron-peel, as much as suffices to make them into a Mass, and so into Pills.

These are excellent to stay Dessurious that fall upon the Lungs, and to asswage the violence of Coughs. The Dose is from five or fix to

eight or ten grains.

Dimpernel : Of this there! are three forts, the one groweth very great, and hath long. Roots; the other fort is little. the third bears red Flowers, and grows in most Gardens: the Roots of the two first, in which confifts their main Virtue, boiled in Whitewine, are very good for Pains in the Reins and Bladder, caufed by the Stone : for it driveth out Gravel, and the long retained Urine. The Juice of the Root drank in Whitewine, is good against all Poisons, or infectious Airs, and the Biting of venomous: Creatures: It is used with fuccess

luccess in the Plague . the Root being famped and laid to the Sore. As for the third fort; though little differing in likeness, yet in Virtue it does from the two former; for it is more restringent in Taft, and very nourishing; for which cause it may be thought to be of a binding nature: wherefore it stayeth the Dyfentery, and other Fluxes and Vomitings proceeding from colerick Humours, or Caufes; it heals Wounds and Ulcers, and is of fpecial use in Ointments that are made for Wounds in the Head, and for Cankers: Some Phylicians have much commended it in the Cure of pestilential and contagious Fevers, concluding that the often drinking the Juice of it in Wine, or other convenient Liquors, is a foveraign Prefervative against the power of those dangerous Diseases.

Diague to Preserve from : Take Barberries, when they are ripe, fleep them in warm Water, that the Husks, or outward Skin may come off; then dry them that they may be beaten to Powder with a little Salt, and when you find your felf somewhat discomposed by the effects of ill Airs, hot or feverish, mix this Powder with strong Vinegar, about two drams, in half a quarter of a pint, and drink it up warm, and keep your felf warm also, that you may fweat upon it; but if you find your felf under fuch apprehensions, shivering with Cold, you must take the Pow-

der in strong Wine.

Plaque-Dichness: Take Water of Scabious, Endive, Rue, and red Roses, of each four ounces; white Dittany, Tormentile, white Coral, Gentian, and Bole-Armoniack, with Terra-figillata; reduce those that are to be powdered feparately: Infuse them in the Water in a glass Vessel, and drink about an ounce at a time pretty warm, keeping the Body warm after it :

Take a Viol, or fome other Glass, and fill it to the third part with Venice-Treacle, the other third part with Brandy, or Spirit of Wine: mix thefe well together by shaking, and take Morning and Evening half an ounce in two ounces of Mint, Rue, or Baum-wa-

But of all others in this contagious Distemper, this occurs as a very much appro-

ved Remedy, viz.

Take Wallnuts when the green Husk is on them, and before the Shell is hardned underneath; put them, when bruised , to steep in Whitewine eight Days: then with fome Baum, Rue, and Tops of Fetherfew, and Worniwood a little bruifed, put

them into an Alembick, and distil them; then when you drink an ounce and a half of the Water, which you may do Morning, Noon, and Night, put into it some perfumed Comsits, and stir them well about till they are dissolved.

Diaque Doze to Break : Take Bay-falt, Rye-meal, and the Yolks of Eggs as many as will make them into a Paft: then spread it on a piece of Leather, and apply it to the Sore, or Carbuncle, and it will draw the Poison to a centre, fo that the Sore will ripen; and being broke, the Infection will come away: to expedite the Cure of which, when it is broke, put the Rump of a live Chicken to the Mouth of the Sore, fo that its vent may be placed on it, and it will draw the Infection into the Body of the Chicken, infomuch that in a short time it will dye, and fo will one or two more, if the Infection be great; but when they cease to do so, it is a fign the Poison is exhausted, and the Party in a very fair way of recovering Health.

Platifier of Bay-Berries: Take of Bay-berries two ounces, Myrrh, Massick, and Frankincense, of each half an ounce; Honey just warm'd four ounces; powder Costus, Bay-berries, and Gy-

perus finely together, and mix with the Honey; powder the Myrrh, Mastick, and Frankincense apart, and put them to the other: then add the Oil of Bay-berries, Turpentine, and Wax melted together, and so make a Plaister.

This expels Wind, and firengthens the Stomach, also eases Pains proceeding from

Cold and Weariness.

Plaister for Bzuiles: Take Oil of Olives fix ounces, yellow Bees-wax an ounce and half, Ammoniacum and Bdellium, of each half an ounce; Galbanum, Opopanax, and Oil of Bays, Lapis Calaminaris, and either of the Bithworts, Myrrh, and Frankincense, of each two drams ; refined Turpentine an ounce, Litharge of Gold powdered four ounces: boil the Oil and Litharge together. keeping them stirring, and when it will not flick to your Fingers take it from the Fire. and melt the Wax into it, add the Turpentine with the Gums, afterward the Powders; and being cold, put in the Oil of Bays and Frankincense, and make it into a Plaister.

This Peracellian Plaister is good for Bruises, and all man-

ner of Aches.

Platster - Cleanfing, &c. Take the Mucilages of Raifins of the Sun, Figs, Roots

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of Marshmallows, Linseed, and the Seeds of Fenugreek, Bird-lime, the Juice of Orris, Squills, the Oil of Sheepsfeet, Dill, and Camomil, of each eight ounces: Litharge of Gold powdered finely one pound : Turpentine three ounces, Rosin of the Pine, and yellow Wax, of each two ounces: mix the Litharge well with the Oil, and boil it over a gentle Fire, keeping it continually stirring till it grows thick; then take it off, and being a little cool, add the Mucilages, being first boiled with the Oil, and strained, and gently boiled to the confumption of the superfluous moisture: after that add the Bird-lime, and Squills, boil them till the Juices are confumed, and whilft they are boiling, melt the Wax and Rosin, take them prefently from the Fire, and mingle with them the Turpentine, fo well ftirring the Mass, that it may be brought to the confiftence of a Plaifter.

This is called the Great Diachtlon-Plaifter, and is excellent in cleanling and healing, also to asswage Swellings and Inflammations; for it very much discusses and softens.

Plaister for the Bead: Take two ounces of clarify'd Rofin, Stone-pitch an ounce,

and Pidgeons Dung , of each half an ounce; Gum of Juniper and Nutmeg, of each two drams: dissolve the Turpentine with the Labdanum, in a hot Mortar, and mingle the rest, so that it may be made into a Plaister: and if any Cause requires it to be stronger, add the Powder of Euphorbium, and Pellitory of Spain, and black Pepper, of each about two fcruples. -

This wonderfully strengthens the Head, and eases the Pains of it, the Crown being shaved, and it applied Plaisterwise to it, as also to the Temples. Though upon many occasions, it is applied to the Soles of the Feet to draw down the Vapours that

afflict the Brain. Plaifier of Baftick : Take three ounces of Maftlck, Bole-Armoniack washed in red Wine one ounce and half, red Roses six drams, Myrtle-berries, and Ivory, of each half an ounce, Turpentine, Colophony, Tacamahaca, and Labdanum, of each two ounces; Oil of Myrtle four ounces; Bees-wax a pound. The things that are to be powdered, powder apart, melt the Wax and the Oil together, and take it from the Fire, and add the Turpentine, and afterward the Roses, and Bole-Armoniack, Turpentine and Labdanum, the Ivory being finely pow-Ra dered :

dered; order the Mastick in like manner, and so being well mixed in a Mortar, that is pretry hot, make them into a Plaister.

This layed to the Stomach, very much strengthens it; as also stays Vomitings and De-

fluxions.

Platser of Meistet-Simple: Take of yellow Rosin clarified eight pound, yellow Wax four pound, Mutton-sue of the Kidneys, cleansed from the Skin and Fibers two pound; melt them, and add to them green Melilor cut small five pound; and being thickned, bruise it with the afore-mention'd Ingredients, and bring it to the Consistence of a Plaister.

This draws very gently and therefore is commonly used in dressing of Blisters, and in gentle Swellings, and

Tumours.

Dieurifie: Distil about the end of May three handfuls of Burnet, or as much as you think convenient; and the grieved Party, drinking of this, Morning and Evening, about half a quartern at a time, will find wonderful ease, and in a little time be restored.

Dolonta to Make: Take the Fillets of a Hog, mince them very small, and do the like by Sage, Pennyroyal, and Thyme, of each half a handful strigt from the Stalks: then feason it with beaten Ginger and Pepper finely sifted, put it into a Hog or Sheep's great Gut, and lay it in Water and Salt three Nights: then boil it gently for fear of breaking, and hang it up in a Chimney, or dry place, and they will keep a long time.

Jomatum: Take Baconlard, and by washing it well, and often melting, take out the Salt, then boil a handful of Oates, and some white Starch in it, and strain out the oily part, which is of excellent use for Chaps, Sores, Burns, Scalds, as also to make the Skin supple, smooth, and

plump.

Domcaranet : Of these there are three forts, Sweet, Sharp, and Winy; and the quality of them all is Restringent, but not alike; for by their Tast you may judge their difference, and their Grains are more binding and drying than their Juice, the Rind more than the Grain, and the Bloffoms have the fame Virtue with the Fruit. The powder of a Pomgranet dried in an Oven, in a new earthen Pot close stopt, is singular good to flay the Flux of the The Leaves of the Belly. Pomegranet-Tree well beaten, and the Juice of them mixed with the Oil of Roles, does yery much help the inveterate Pains of the Head; and fo fovereign fovereign it is, that most hold that no venomous Creature will come near the Boughs of it: for which reason the Ancients laid them in their Beds, and stuck them about their Houses.

The Decoction of the Root of a Pomgranet-Tree being drank, kills the large Worms in the Belly, and causes them

to be cast out.

Post = Die: The Pork you intend to put into Pies; must have the Skin taken off; then cut the Posk in streaks, and take half an ounce of Ginger, and the like quantity of Pepper well beaten, slice or scrape in two Nutmegs, season it pretty well with Salt, and put in a little fair Water that has been well boiled and scummed; and so bake it sufficiently, and serve it up.

Poppy-Ret: The Flowers are very cooling and affwage Pain, and bring Sleep to weary Eyes; and therefore are chiefly used for Fevers, Pleurisies, and Quinsies, and other Diseases, especially of the Breast, that need cooling Medicins, and for immoderate Fluxes, The Conserve, the distilled Water, and the Powder of them are greatly in use; but the Syrup most.

To make it, Take the fresh Flowers of Red Poppies two pound, and pour upon them two quarts of Spring-water well warmed, press them out the next Day, and infuse the quantity of fresh Flowers in the Liquor, as before; then strain it, and put in as much Sugar as the Liquor weighs, and so make it into a Syrup, by boiling it to a thickness o-

ver a gentle Fire.

Doppies, a Sprup: Take the Heads of black Poppies freshly gathered fix ounces, and of white ones, not thoroughly ripe, eight ounces, Aqua Cœlestis two quarts; boil them to the confumption of one quart of the Liquid, and put therein Sugar and Penids, of each eight ounces: boil them to a Syrup. This is excellent good to allay the Hear of the Forehead, or when it too much afflicts the Brain. It is given with fuccess in Frensies, or to those that are restless, and cannot fleep well, as also for Catarris and Coughs.

Pottage: To make this very excellent, nourifhing, and conducing to Health and Strength, take the Knuckle end of a Leg of Veal, very largely cut, put into it a gallon, or fix quarts of Springwater, a pint of Oatmeal fifted very fine, Pennyroyal, Parfly, Thyme, and Winterfavory of each a little Faggor, or bundle, unshread; also Sweet-marjoram, Sorrel, Violet and Marrigold - leaves: you may let it stand a whole Night over a gentle Fire, and

R'3 boil

boil it up the next Morning, with some Mace, Currans, Harts-horn Shavings and Sugar; then strain it, and eat it warm.

This is very good against a Consumption, or any Defect in the Lungs, or Sto-

mach.

Domber of Amber : Take fix ounces of Bean-flower, and pass it through a fine Sieve with four ounces of Cyprus-wood, two ounces of Saunders, two ounces of Benjamine, and half an ounce of Storax, two drams of Calamus Aromaticus, and as much Laudanum; pass these likewise through a Sieve, and to two pound of the Compofition add four grains of Ambergreafe, and half an ounce of Pomander, Privet beaten and fifted, which you must mix in a hot Mortar with Amber; then mix them altogether, and keep them in a glass Bottle close stopped, and make of it fweet Bags to perfume your Cloaths.

Poroter of Bromatick-Bosatum: Take red Roses, the Whites at the bottom of the Flower, the Leaves clipped off, 15 drams, Licorice finely icraped seven drams, sharp and quick biting Cinamon sive draws, Wood of Aloes, and yellow Saunders, of each three drams; Mace, Cloves, Indian Spicknard, Gum-Arabick, and Gum-Tragacanth, of each two drams and half; Cardamoms the Lesser, and Galangal, of each one dram; Ambergrease two scruples, and Oriental Musk one scruple: reduce these into a Powder by beating and sift ing, &c.

This is excellent good to firengthen the Brain and Sto-mach; it diffipates fuperfluous Humours, and moisture of the Entrails, refists Putrefaction, creates Appetite, and stays Vomiting, and want of Retention in the Intestines, and is proper to strengthen and restore those that have been weakned by long Sickness. The Dose is from half a scruple to half a dram in Wine, or any convenient Li-

quor.

Domber to create Cheer= fulnels : Take the Seeds Zedoary , of Clove, Bail, or Setwell, Saffron, yellow Saunders, Cloves, the outward Peel of Citron dried. Galangal, Nutmeg, Mace, Calamint, and Storax, of each three drams and a half; Annifeeds, Shavings of Ivory, Thyme, Dodder of Thyme, Oriental Pearl prepared, and the Shavings of the Bone of a Stag's-Heart, of each one dram; Ambergrease, Oriental Musk, and Leaves of Gold and Silver, of each a fcruple : make thefe into a very fine Powder.

This

This corrects the cold and moift temperature of the Stomach and Liver; it helps Digestion, restores the Appetite; it is very good against Weakness, and Palpitations of the Heart, also to restore a good Habit of Body, and to create a good Complexion, to keep the Breath fweet, and fweeten it when it is defective; to restore decayed Strength, and diffipate Melancholy, proceeding from an internal, or no real Cause. The Dose is from ten to twenty grains in any convenient Vehicle.

Pomder, the Countels of Kent's: Take the black parts of the Claws of large Sea-Crabs four ounces, River-Crabs Eyes, oriental Pearl, and red Coral prepared, of each an ounce; Roots of Contrayerva, and white Amber, of each fix drams; the Bone of a Stag's-Heart four scruples, Bezoar-stone three drams, Saffron two scruples: make these into a fine Powder, and fprinkle it with an ounce and a half of the Spirit of Honey, and mixed with Jelly of Vipers, you may make it into Trochifes, letting them dry in the Shade, to be powdered, as occasion requires, for the better preservation of its Virtue.

This Powder is highly in Request for the Remedy of Epidemical Difeases, particu-

Measles. It is also used in the Plague, as well to preferve from the Infection, as to cure it, when taken, by reason it mainly strengthens the Heart, and other vital Parts, against Infections, and the malignity of the beforemention'd Difeases. Not only the English, but other Nations approve it, and use it with wonderful Success. The Dose is about ten grains.

Powder of Diamargari= tum : Take oriental Pearl prepared half an ounce, red Roses cleansed, and Blower of Water-Lilies, and Violets, of each three Drams; Wood of Aloes, Saunders, red and yellow; Roots of Tormentil, and white Dittany, Myrtleberries, Cinquefoil, Grains of Kermes, Melon-feeds, Endive, Sorrel, Shavings of Hartshorn, Ivory, white Coral, and red Coral prepared, of each two drams; Ambergreafe, and the Leaves of Gold, of each half a dram; oriental Musk four grains; make these into a fine Powder.

This wonderfully strengthens the noble Parts, restores the languishing force, and cures swimming and fainting Fits. It is good in Fevers, and other Diseases: It is given to afthmatick and confumptive Persons, and to such as are wasted and brought larly in the Small-pox, or low by fickness. The Dose is

from ten to twenty grains, in Wine, or any cordial Water: It may be taken in any pectoral Electuary, in Sugar, or with any convenient thing, as you pleafe.

Dowder for the Gout : Take Hermodactyls, Turbith. Coffus, Mechoacan, and Scammony, of each a dram; white Sugar-candy two drams, pow-

der them very fine.

This Powder purges Serofities that Jay a Foundation for it, or nourish those Humours that occasion the Pains. The Dose is from a scruple to a dram, taken in a Glass of Whitewine in a Morning fasting, and fasting two Hours after it.

· Powder, call'd Bungari= an-Domber: Take Hungarian-Earth; and Bole-Armoniack, of each an ounce and an half; Stones of Jacinths, Smaragds, Saphires, Rubies, white Coral and red prepared, oriental Pearl, Roots of Tormentil Woolfsbane, or white Dirtany, yellow Saunders, Shavings of Unicorns-Horn, and Ivory, of each half an ounce; the utmost Rind of Citron and Sorrel, of each three drams; that which is biting three drams; Saffron and Cloves, of each half a dram; fine Leaves of Gold in number twenty five. The Unicorn's Horn and Ivomust be rasp'd very fine-Iv, the Stones and Coral must feed; of each a dram: make

be also beat to a curious Powder.

It is used frequently, especially in cold Countries, for malignant Fevers, and all epidemick Distempers; also against all forts of Poisons, being disfolved in Cordial-water. and fweeten'd with Syrup of Clove-Gilliflowers, Lemons, or Pomegranet, and taken fasting from half a scruple to a dram; and being made into Tablets, and taken fasting, it has almost the same Effect, especially against pestilential Airs.

Powder to Incarnate : Take Olibannm, Sarcocol Myrrh, Mastick, Aloes, and Mummy, long and round Bithworts, of each an ounce: bruife and make them into a fine Powder.

This cleanfes Wounds, and causes the Flesh to grow, being laid to them alone; or mixed with Ointments, or proper Waters, as Camomil, Bugloss, Mint, Rue, St. John'swort, Blood-wort, &c.

Pomber of the Chice Saunders: Take of every Colour, viz. White, Red, and Yellow Seeds; of Violets, and red Roses, of each half an ounce: Pontick Rubarb, Juice of Licorice, and Shavings of Ivory, of each two drams; Gum - Tragacanth, and Arabick-feeds, of Endive, Mellon husked, also Purslainthem into Powder according to Art.

It is highly commended for Difeases that proceed from Weakness, or ill habit of the Liver, to temper the heat of the Intrails, and to digest and discuss Matters gathered together at the going off, or conclusion of Agues: It is very proper in Heart-faintings, Jaundice, and Phthisick, and is internally given in Potions, Opiates, and Electuaries, and outwardly applied in Frontals, Epithems, and Liniments.

Bomber to inhiter Teeth: Burn the finest fort of Pumice-stone, Cuttle-bone white Coral, and Cream of Tartar prepared upon Porphyry, the Roots of Florence, Orice finely powdered, of each half an ounce; Sal Armoniack in Powder a dram, Musk and Ambergrease, of each three grains: mix them well together, and make a Powder.

This Powder cleanses and whitens the Teeth. You may use it as it is, or mixed with Syrup of Coral, or dried Roses, or Syrup of Roses. Or to save all this Charge, if your Teeth be sound, Rubthem with a fine Pumicessone, and they will be as white as Ivory.

Pointer of Miolets: Take the Roots of Florence-Orris one pound, yellow Saunders five ounces, red Roles four ounces, Storax, and Benjamin, of each two ounces; Cyprus, and Tops of Marjoram, of each one ounce; Lignum Rhodium half an ounce; Cloves, Aromatickreed, and Flowers of Lavender, of each two drams: make all these into a Powder, but not very fine, and it is an excellent Persume to put amongst Linnen, Silks, or any

Apparel, &c.

Descriptate against the Jaundice: Take Crocus Martis, prepared with Sulphur one ounce; the Leaves of Senna and Rubarb, of each half an ounce; the best Cinamon, Salt of Wormwood, and Tamarisk, of each two drams; Sassron a dram: powder what are capable of being powdered, and with a sufficient quantity of the Syrup of Mugwort make an Opiate.

The Dose is from two grains to seven, mixed with a little Viregar, and made up into a Bolus, or mixed in Whitewine, or some proper Decoction, and take as often as occasion requires.

Dietention of Agues:
Take the gratings of Angelica-roots, Flower of Antimony, of each half a dram; the best Canary three ounces: infuse them in a cold Place for forty eight Hours, and pour off the clear part for two Doses.

This is a fingular good Vomit for the prevention or Cure of Agues of all forts, being given in a Morning fasting, when an Ague is expected, or about four or fix Hours before the coming of the Fit.

Primtole made into a Syrup, and decocted, is good for flegmatick and melancholy Diseases, and Fluxes of the Belly, and to strengthen the Stomach of weak Per-

fons.

Budding of Cream : Take grated Bread, mix it with a like quantity of Flower, some minced Dates, Cinamon and Nutmeg finely beaten, Beeffuet, warm Milk, Eggs and Sugar; then take half the Pudding for one fide, and half for the other, make it up round, and put some Butter into the middle of it, on the other fide, aloft on the top, and put it in a Cloath, when the Liquor boils, into your Pot; and being boiled. cut it in two, and ferve it up with Butter, Sugar, Verjuice, and Rosewater.

Budding Excellent : Beat the Yolks of three Eggs with Rose-water, and half a pint of Cream; then fetting it over a gentle Fire, put in about the quantity of a Pullet's Egg of fweet Butter; and being melted, mix the Eggs and that together, and leason it with Nutmeg, Sugar, and

Salt; then add as much grated Bread as will make it as thick as Batter, and about half an ounce of Flower. with a dozen blanched Almonds beaten: then all being mixed together, take a double Bag, wet and flour it, and put in the Batter; and when it is boiled, serve it up with Rose-water, Verjuice,

Butter, and Sugar.

Budding of Dineet= perbs : Steep a Penny white Loaf in a quart of Cream, and only eight Yolks of Eggs, fome Gurrans, Sugar, beaten Cloves, Mace, and Dates, with the Juice of Spinnage; then add Saffron, Cinamon, and Nutmeg, Sweet-marjoram, Thyme, Savory, Pennyroyal minced very fmall, and fome falt Beef-fuet, or Marrow.

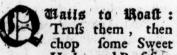
These Puddings are excellent for stuffing of roast or boiled Poultry, Kid, Lamb, Veal, or Breast of Mutton.

Duff- Daft, the Best way : Take a pound and a half of Butter to every quarter of a peck of fine Flower, likewife fix Eggs, (observing only to put half a pound of the Butter at first to the quarter of a peck of Flower) then rowl it up ten times one after another, and put Flower and Butter every time to it, as you beat it with your Rollingpin, till it is fo incorporated, that it becomes a pliable Past.

Butple-Wiolet, its Ufe and Virtues. It is in its nature temperate, and very fit to alter and change the ill quality of Humours, and to evacuate them chiefly. Violets purge Choler, and qualifie the vehemency thereof: They are good for the Pains in the Head which proceed from Heat; cause gentle Sleep, and mollifie the Pricking of the Breaft, and of the Lungs, and are profitable against the Quinfie, and the falling of I and fragrant Smell.

the Palate in the Mouth, and Inflammations of the Breaft. and Side, and Stomach-Thirft. being dried and concocted in Whitewine: They open Obffructions of the Liver, and cause Inflammations to cease: They are very good in the Jaundice, Black or Yellow: The Syrup mollifies the Belly. and is good in Pleurifies : and indeed is a Flower more to be admired by all in Phyfick than for its charming Colour.

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Herbs, and Beef-fuet together, and put into their Bellies; put them on a small Spit, and at the first heating, bast them with Salt and Water, after that with Butter, and dredge it with Flower: make Sawce with Gravy, in fome of which an Anchovey or two has been dissolved, as also a fliced Shalot or two boiled; fqueeze in the Juice of two or three Oranges and Lemons, and garnish with Lemon-peel, or flices, and some grated Manchet, a few whole Cloves, and some Bay-leaves;

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and fo pour on the Sawce. and ferve them up as hot as they can be got from the Fire.

Duaking- Dudding: Take new Cream a quart, blanched Almonds half a pound: beat the Almonds very finely, boil them in the Cream, and then strain them: put in a Blade or two of Mace, and feafon it with Rosewater and Sugar; then take five Whites of Eggs, beaten up with Powder of Cinnamon, and two or three spoonfuls of fine Flower, put in what was left in the Strainer; fo make it into a thickness and boil it : serve it up with Cinnamon, Sugar, Rosewater.

Rose-water, Butter, and Verjuice.

Dunttan Ague: Take a dram of the Powder of the black Tips of Crabs-Claws, and take it in any convenient Vehicle or Conferve, twice or thrice, without remitting any Day when the Diffemper comes.

Ducens = Bisket : Take twelve ounces of Flower, and a pound of fine Sugar, twelve Eggs, yet the Yolks but of nine of them, to prevent their being too yellow; take what Annifeeds and Corianderfeeds you think convenient, beat and mix the Materials very well together till they become a foft Past; and to make it lighter, if you think it convenient, you may add a little Yest. Let this Past be put on a Paper, or in Coffins, about two Inches broad, and four in length; which put on a Tart-pan into the Oven moderately hot, and when they begin to turn brown, take them out, and lay them on a Paper in fo dry a Place, that they may be kept from relenting.

Duzzwof Bungarys Maztr: Take Maiden-hair two handfuls, Scabeous a like quantity, the Tops of Lavender half a handful, Borrageflowers two ounces, Rolemary-flowers half a handful, Fumitory the Tops of it three cunces, gather'd when flow-

er'd , Dew swept off the Grafs, or Corn, or gathered in a clean Nackin, and fo wrung out, one quart; cut the Herbs small, and put them into the Liquid to steep in a. moderate warm Place, or in the Sun, for forty eight Hours; then add a quart of fair Water, and as much new Whitewine, put them into a cold Still, and draw off the Water till no more will come, put it into Bottles, and stop it up close, and use it as occasion requires with a little white Starch put into it finely powdered, and shaked till diffolved

This Water was found out by Elizabeth Queen of Hungary, who us'd it to preferve her Beauty; which she did to such a wonder, that in her extream Age she appeared young and beautiful, infomuch that the King of Poland desired her in Marriage.

Ducens Perfumed-Mater: Take Benjamin four ounces, Storax two ounces, yellow Saunders one ounce, Cloves two drams, two or three pieces of Orris, half a Citronpeel Cinnamon half an ounce, two Nutmegs, and about two quarts of Water: put all these into a new glazed earthen Pipkin, and let them boil over a gentle Fire till half the Liquid is consumed: then take about six grains of Musk powdered, with about as much

Sugar

fmall Nut, which diffolve with a little of the Water: then strain it all, and put it into a Glass well stopped, and use it as a curious perfuming Water to fcent Rooms, and sprinkle on Linnen, &c. The Dregs likewise dried and powdered, make a good Perfume.

Queens Smeet-Water : Take red Roses, and a quart of damask Rose-water, Muskadine and Orange-flowerwater, of each three pints; Water of Melilot - flowers, Flowers of Myrtle and Garden Costmary, three pints: put all the beforesaid distilled Waters into a glass Bottle, to which add a pound of Benjamine in Powder, Cloves, Cinnamon, and Orange-peel dried; and finely bruised; stop the Bottle close, and fuffer it to continue fo a Month before you use it, and then it will yield a very fragrant Scent.

Ruickfliber Burifp'd : Put half a pound of the Powder of Sulphur in a large earthen Pot well glazed, fet it on a hot Coal-Fire, and put a pound and a half of flowing Mercury into a piece of Shamoys Leather, tye it in a hard knot, and when the Brintstone is well melted, drop the Quickfilver upon it, and press the Knot between your Hands, so that it may pais through the Pores of the Lea-

Sugar as the bigness of a ther, flirring the Substance in the mean time with a wooden Spatula, and continuing the preffing forth, and stirring the Mercury till it is all preffed through, and uniting with the Sulphur, they appear a black Mass: then let it cool, and beat it into Powder, and so put it into an earthen Pot proper for Sublimation; join to the Mouth of that another Pot of the same bigness, with the bot. tom uppermost, having stop'd the hole with a piece of Paper; begin the Sublimation with a gradual Fire, encreafing it some Hours, by which means the Mercury being incorporated with a portion of Sulphur requisite for it, it will sublime to the top of the uppermost Pot, leaving fome faces in the lower Pot: then when the Veffels are cold. you will find the Mercury fublimated into Cinnabar of a very red Colour, veined with long brown glittering Streaks; but the Colour will appear more fresh and lively. when it is broken in pieces and ground; and therefore it is that the Painters make use of it in this manner.

> Duiddany: This may be made of Quinces, Plumbs, Apples, Pears, Apricocks, or any other Fruit that is fuitable: and to do it, Take of the preserved Fruit you intend to make it of, and add a

pound

pound of the Fruit separate from the Stones, Rind, or Cores boiled till it may be beaten into Pulp; add then a pound of fine Sugar, and when it comes to the thickness of a

Jelly, let it cool.

Quince Cabes: To make the red fort, Take the Syrup of Quinces and Barberries, of each a quart, and about a dozen of Quinces pared and cored; boil them till they are very foft, and strain the Pulp or liquid part, and boil it up with fix spoonfuls of fine Sugar, till it be candy proof: then take it in a Ladle; fashion it on Plates into Cakes: and letting it cool, dry them in a Stove, or in a gentle Oven, foon after the baking is over.

Quince=Cakes Crantpatent: Take a pint of the Syrup of Quinces, and a quarter of a pint of the Syrup of Barberries; boil and clarifie them over a gentle Fire, scumming them clean; then add twenty ounces of fine Sugar, stir them well together on the Fire: and when it is taken off, till it be almost cold, spread the Pulp as before, and make your Cakes into what fashion you think proper.

Duince - Cakes White: Take a quart, and half a pint of Water, boil it up, and add so much fine Sugar as will heighten it to a Candy; then

pare about a dozen large Quinces, core them; and when they begin to be foft in other Water, wherein you may first fet them over the Fire, take them out and beat them into Pulp, and fo put that Pulp into the boiling Sugar and Water before mention'd, and let them continue there a long while; then make them into Cakes on a Plate: If you would have them very white, clarifie your Sugar with Whites of Eggs, that you first sweeten your Water withal.

Quince-Cream: Roaft four or five ripe Quinces, quarter them, take out the Core, and cut them in thin flices; then boil them up gently in a pint of sweet Cream, with a whole Race of Ginger; and when it comes to a thickness, strain it out, adding so much Sugar and Rose-water as will sweeten and scent it.

Dutinces a Jelly: Take fome of the Decoction and Inside of the Rind of the Quince, or other Fruit, that has boiled long in a considerable quantity of Water: The Decoction being made, let it wast in the Sun, or before the Fire, and so boil it up to a Jelly with a quart of Isinglas.

Dutness to Dichle: To do this, that you may keep them green all the Year, Take them when they are not quite ripe, wash them in Salt and Water, and rub off the Scurf, if any be on, and let them lye in that water twenty four hours, boil up a Pickle of Wine-Vinegar, put into it a handfull of Bay-salt, a few blades of Mace, and fome Cloves, with fix or feven Bay-Leaves; put the Quinces into it scalding hot, and parboil them then put them with the Pickle into an earthen Pot. and so they will keep, and be of use for Tarts, or what other use you please to put them

Duince-Dpe : Take preferved Quinces, feparated. from the paring and the Core; then make a Syrup of Springwater, with fine Sugar boiled up in it, and take as much as the Quinces weigh; to every pound add a pint of the Syrup, make the Syrup in a Preferving-pan, and being scummed and boiled, put the Quinces into it; boil them till they be well coloured, and then put them into the Pies in halves, or quarters; make them in fashion round, either in Pies, Tarts, or Patty-pans, with a cut cover; but before you bake them, put in more fine Sugar, and leave the Syrup to put in after; and then Ice it. Thus you may do by Wardens, Pippins, hard Pears, or green Codlings.

Duinces to Bieferbe: Take of Apple Quinces, when moderately ripe, lay them a while after they are gathered, on fresh Straw, or new Hay, for three or four days, covered fo that they may fweat a little, and evaporate the superfluous Moisture : then pare them very thin, and boil them in Spring-water till they are very foft : then cut them in Quarters, take out the Cores, and mingle the Pulp with the Water, ten Ouinces, and two spoonfulls of Sugar being sufficient to boil up a Pottle of Water: and when it is boiled to a thickness, put in the Ouinces you intend to preferve, and let them boil fill they contract a greener Colour than natural, then put to them fome more Sugar a the scumm being taken off, put them up in an earthen glazed Pot, and stop them close.

Duinces Baw : To keep these all the year, Take some of the worst Quinces, and cut them into fmall pieces, boil them in Water, putting to each Gallon three spoonfulls of Salt, and as much Honey; and fo let them boil till the Water becomes verystrong of the Quinces, and when it is cold, put in a quart of Whitewine Vinegar, and then put the best Quinces into the Liquor, close them up in an earthen pot, and they will keep fresh all the year, so that

you

you may use them for Marmalades, or other Matters,

at any time.

Quinces, bruife them; and put them into a Frying-panwith a little Wine. Let them be well flirred together, till they are so hot you cannot endure your Finger on them; then put them into a Canvase Bag, and press out the Oil with a considerable strength; and having both Oil and Water you must separate them.

This Oil is very good against all Pains in the Stomach, helps Digestion, and is good against windiness in the Stomach, and Bowels, bringing it away. It inciteth to Venery, and is good against the Hemorrhoids and Pustles, the Parts afflicted being anointed

with it.

Quinces the Sprup : Take three quarts of the Juyce of Quinces, settle it well, and clarifie it from the Dregs, and boil it over a gentle fire till half he confumed: then add three pints of Claret, or a deeper Red Wine; four pound of White Sugar, Cinamon a dram and a half, Cloves and Ginger two scruples; and boil them up to a Syrup. Let it cool by Degrees, and keep it close stopped in Glass-Viols for your use: this mixed with Water of Endive, is very cooling and excellent in Fevers, and other hot Difeafes, two or three spoonfuls being taken at a time.

Quince Cart : Pare and flice your Quinces very thin, feafon them with Candied Citron, and beaten Cinamon. and andied Orange fcraped small, or raw Orange, or Lemon-peel, or Carraway or Annifeeds; put ten Pippinsto fix Quinces, and according to the bigness or littleness of your Tart, half the weight of the Fruit in Sugar; then close it up, and bake it, and Ice it over with Sugar dissolved in Rose-water, and make your Tarts into what Forms you please, and serve them up. Scrape over them Sugar and Powder of Cinamon.

Duince Tart: Take Quinces newly gathered, or kept very dry in straw, pare them thin, and take out the Cores; and being cut in four quarters, flice them thin; then take Pippins, or any hard Winter Fruit, gathered before they are ripe, and using them in the same manner, lay a Laying of each, scrape an Orange-Peel, and fcatter it among the Layings; then add Syrup of Quinces, and on the top of all, strew fine Sugar mixed with a little Powder of Cinamon, and close up the Coffin in what Fashion you please, baking it well in an Oven not heated with too quick a fire.

Duinfies to Cure : Bruife thirty two ounces of purified Salt-Petre, put it in a crucible which must be put in a very hot Fire in a Furnace, and when the Salt-Petre is melted, put to it an ounce of Flower of Sulphur, by a spoonful at a time, so that the matter will presently fall into a flame, and the more volatil Spirit of the Salt-Petre will evaporate; and when the flame is over, the matter will remain in a very clear Fusion. Then with a pair of Tongs, Take out the Crucible, and turn it upfide down into a very clean Bason a little warmed.

This beaten into Powder, is taken with good Success in the dangerous Distemper called the Quinsie. It also cools and works by Urine in burning Fevers, and other Diseases, that proceed from Heat and Obstructions, and the Running of the Reins. The Dose is from half a dram, to a dram, and may be taken in any proper or convenient cool-

Dutities Description; &c. This Grievance do's most frequently happen between the Spring and Summer, the first Assault of the Fever is seconded by the Pain of the Instantation of the Jaws, which together with the Swelling of the Uvula, Tonsils, and Larynx, renders the affilicted Person unable to swallow, and

fcarcely to breathe. In this case, let blood in the Arm. and take away as much as the Constitution of the Party will conveniently bear; then 4 noint the inflamed part with Honey of Rofes impregnated to a very high degree of Acidity, with Spirit (not Oil) of Vitriol, or Sulphur, and prelently after, take the following, (not after the usual man. ner, but only hold it in the Mouth till it is hot, and then spitting it out, renew it with that which is cool,) wis. Plantane-water, Rose-water, and Frog spawn-water, of each four ounces; the Whites of three Eggs, beat and reduced to Water, Sugar-candy three drams; mix them well, and make a Gargarism of them.

Dutnfey: Take Milk warm from the Cow, and Album Gracum, a pint of the one, and half an ounce of the other; Honey of Roses two spoonfuls, Verdegrease half a dram; boil them a little, then strain it out, and Gargarize the mouth and throat often with the Liquid part, putting to thin it more, a little Borrage Water.

This is likewife excellent for any fore Throat, Tumours, or Pains of the Mouth and Jaws.

Duintessence of Bonep: This is the curious Extract of Honey, and is very useful in divers Diseases and Grievan-

ces, wiz. It helpeth the Cough. or Catarrh, Palie, Falling. fickness and pains of the Milt, and divers other Difeafest and its faid, that if two or three drams be given to a Party flougling for Life, or galping for Breath, it will for a while bring them to them-

felves again of 2 - 1 miles

Dumque Merbia : This Herb is aftringent and vulnerary, the Juyce is good against spitting and pilling of blood. The Effence of the luvce the ken with Spirit of Wine, do's the fame. The distilled Water of it is good against Toitting of blood, and the Phthifick. The Infipiffate Juyce flays the Couries, heals all inward Griefs of the Body and Inflammation, and is more effectual than any other fort of Plantane. This being one of the nurrow-leaved forts, call'd by forme Ribwoot.

Dwingne Falium, or Cinque for ? The root of this is dry and binding, and is to be taken from one to two drams in Powder. It stays all manner of Fluxes of the Bowels, and Phrees of the blood, in any part, Catarrhs and Deffuxions on the Lungs, and allays the flarpness of Choler, eafes the Pains of the Gout and Gonorrhea's; the Tuyce of it, is good in Fevers and hot Difeases; an Infusion of it opens Obstructions.

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Take your Rabbit . Ing-Pan, put in half a pound bit : then fared fome Marjoof fresh Butter, and let it boil, ram, Thyme, Parsley, Limonthen put in your Rabbit, and | peel and Nutmeg, and frow let it be half enough : then on your Rabbit in the Pan; take it out, and clean your Pan, and put in some Water, and beat them well, and a and let it boil ; then put in Piece of fresh Butter, and a one flice of Onion stuck with quarter of a pint of White-Cloves, and a little whole wine, or a spoonfull of White-

Abbits, a fricaft : | and a little Limon-Peel, and let them boil together a while; and cut it in pieces, then take out your Onion and put it into the Fry- Thyme, and put in your Rabthen take three Yolks of Eggs, Pepper, a Bunch of Thyme, wine-Vinegar, and bear with your

your Eggs; then put them into the Pan, and let the Pan be kept shaking and stirring with a spoon, till they be thick, then pour them into your Dish, and serve it up to the Table.

Babbies fricalled : Take young Rabbits, and cut them into fmall Pieces, mince a handful of Thyme and Parfley clean pick'd; feafon them then with Nurmeg, Pepper, and Salt; take two Eggs and a half, a quartern of Verjuice, beat them together, throw them into the Pan, and having fliced it when enough, dish it up in Sippets with Butter and Verjuice.

Babbies to Bath: Wath them, take the Flesh from the bones, and mince it small: then put to them a little flrong Broth, made of Mutton or Veal, some Vinegar, and a Shalor or two, with a little grated Nutmeg : Let it flew. and then shred a handful of Parsley; then half a pound. or as much as will ferve, of Butter : Toaft Bread for Sinpets; ferve it up , garnished with Limons.

Rabbits to Stem : Take a couple of Rabbits of about three months old , half rouft them, and so take them off the Spit, cut them into handfome pieces, and put them into a Dish with the Fat and Gravy that fell from them, and as much Water, with half!

a pint of White-wine, after boiling and fcumming, as will cover them; then put in a piece of fresh Butter and Ginger, finely grated, with Pepper and Salt, and two or three Pippins minced: Let thefe flew about an hour, over a gentle fire, and dish them up with Sippers.

Madih; or , Horle-Ka-Dish: This is in some places found wild, but most usually planted in Gardens, encrealing much in most shadowy places: it flowers in July. The Juyce of it given in drink, is held to be very effectual for the Scurvy. It kills Worms in Children, the Juyce being drunk in convenient Liquore. or the Root laid, bruifed Poultis-wife, to the Bally; by the latter means it takes away the Pain of the Sciatica, Toynt-Ach, or the hard Swelling of the Liver and Spleen: The distilled Water of the Root and Herb is better taken with a little Sugar, That called the Garden-Radist, is vulgarly known; and though it be but of bad Digestion, yet it has fome good Qualities with it; for though it is held when eaten raw in Sallads or the like, to breed ill Humours, and corrupt blood; yet it wonderfully helpeth those that are afflicted with the Stone and Gravel, and the stoppage

of Urine; and the Juyce of

rup, is exceeding good to

purge Urine.

Radish, a Sprup : Take of the Roots of Garden, and Wild Radishes before they begin to run to Seed, of each a handfull; cut off the Tops, and wash the Roots very clean, three ounces of the roots of Saxifrage, Kneeholm, Butchers-Broom, Sea-Holly, Pettywhin or Cammock, or Ground-Furz, Parfley, Fennel, of each alike, in all about a handful; Leaves of Betrony, Pimpernel, Thyme, the tender Tops of Nettles, Creffes, Samphire, and Maiden-hair a handful in all, and of each alike: The Fruit of fleepy Night-shade of each Ten and Jubebs, ounces, the Seeds of Parfley, of Macedonia, Carraways. Sefeli, yellow Carrots, Grummel, Bark of Bay-tree-root, of each two drams, Raisins floned, and Liquorice, of each four drams; boil them in five Quarts of Water, till two be confirmed; then strain it, and dissolve in it two pound of purified Honey, and Four pound of white Sugar-Candy, so make it into a clear Syrup, feafoning it with an ounce of Cinnamon, and as much Nutmeg as fufficeth: the making of this is worth the Cost and Labour; for it excelleth all other in expelling the Gravel and Stone, flowers the Kidneys and Bladder, and eafeth pains in the back, opening Obstructions in the Uriters; and mixed with Lenitives, causes Urine, when at any time restrained.

Bagmost : This has feveral Names, as Stammerwort, Seggrum, St. Jame's-wort : It flowers in June, or the beginning of July, the Seed of it being ripe in August. The Decoction of the Herb is good to wash the Month that is fore, or has Ulcers, also for Hardness, Swelling, or Impostumations, it being very cleanfing and healing in fuch Matters: as also helpful in the Quinfie, and King's-Evil: It flays Catarrhs, thin Rheums, and Defluxions into the Eyes, Nofe, or Lungs, proceeding from the Head. The Juice is fingular good to heal green Wounds, to cleanfe and heal old Ulcers in the Privities. and other Parts of the Body; as also inward Ulcers or Wounds; and puts a ftop to the malignity of running Cankers, and hollow Fistula's, hindring their spreadings, and is much commended for Aches. or Pains in the Nerves, flefhly Parts or Sinews; also the Sciatica, or Pain in the Hip or Huckle-Bone, to bathe the Place with the Decochion of it, or anoint it with the Ointment of the Herb bruifed and boiled in Hogs-Lard with a little Olibanum, and Mastick in Powder.

Bails to Boil : Cut off their Heads and Leggs, truss and put them into a Pipkin of strong Broth, add to them Currans, Dates, fome Blades of Mace, half a pint of Whitewine: Pepper, Salt, and a piece of Butter; and when they are all together stewed enough, place them orderly in a Dish upon Sippets, thicken the Broth with grated Manchet, melt a little Sugar in Rose-water, put the Broth to them, and ferve them up garnished with Lemons, or Oranges fliced as a dainty Dish.

Baphanus, or Badich: Though no great notice is taken of this Root, but the eating them with Sallads and Provisions, yet there are many excellent Virtues in it. The Root of the Garden Radish cleanses, attenuates, and opens, and in the Stone is of great Virtue for expelling it, and provoking Urin; it cleanfeth the Stomach of Himy tastarous Humours, and opens the Obstructions of the Liver and Spleen, Reins and Womb. and distributes the Chyle. The Seed, which has all the Virtues of the Root, is hot in the third Degree, and dry in the fecand; wherefore two drams of it is fuccessfully given in a spoonful of. Wormwood-water for killing the Worms in Children, and removing the Gravel and Sand

from the Kidneys and Bladder. A distilled Water of the Roots and Leaves, beautifies the Face and Hands by taking off the Spots, Scurf, and making the Skin smooth and fair, if often washed with it. A Syrup of the Juice is excellent against the Stone, (to make which, find the Receipt in this Work.) It is a singular Remedy against the Scurvy, helps all Obstructions, and the Asthma's, old Coughs, and shortness of Breath.

Rasberries : Thefe are very Cordial and good in Taft: The Syrup much a-vaileth in Fevers To make vaileth in Fevers which, take these Directions: Of the Juice clarified, and Sugar, take an equal quantity, boil them to a Syrup, and stop or cover the Vessel close: It is very cooling and pleafant, and is to be given in hot Difeafes. Again, Take the Syrup of Rasberries and Clove-Gilliflowers, each two oun ces; of the Juice of Kerms one ounce : make a white Mixture, and take a spoonful every Morning; and it is an excellent Cordial for Women before Delivery.

Baspis, a Jelly of: Take of the Fruit pretty ripe, set them over the Fire in a Posnet, and extract the thin Juice, cooling the bottom of the Skillet, as you find occasion, with fair Water: then strain them with a fine Strainer, and

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when

when as much is taken as can be, add the like weight of Sugar, and boil them up into

a Jelly.

Ralpis, a Sprup: Take tine quarts of Raspis, or Rasbetries gathered dry, and clean pickt, put them into four quarts of Canary in an earthen Pot, and palte or lute it up very close, keep it in a cool Place ten Days; then distil them in a Glass or Rose-Still, adding a fourth part of the former quantity, and fresh Berries, and Wine: and when all the colour is taken out of the Berries, frain out the remaining Liquid part, and put as much Sugar as will boil it up into a Syrup, keeping it fcumming during the boiling.

Battle-Grass: Of these there are two kinds, wiz. Red and Yellow. The first of these is used to heal up Fistula's, hollow Ulcers, and to stay the Flux of Humours, and Fluxes of Blood, being boiled in Claret, or other red Wine, and drank hot about a quarter of a pint at a time.

The Yellow fort is by fome called Cocks. Comb, and is held to be good for those that are afficted with Coughs, Catarrhs, and the like; or Dimness of the Sight, if the Herb boiled with Beans, and a little Honey added to it be drank, or dropt into the Eyes.

The whole Seed being put into the Eyes, draweth out

any Skin, Film, or Dimness from the Sight without any

trouble or pain.

Batoletgh, Sir Calleter his Cordial-Calleter: Take a gallon of Strawberries, put to them a pint of Aqua-vitæ, and so let them stand four Days: then strain them out, and sweeten the Liquid part with fine Sugar, and add, if you please, a grain of Musk. This greatly revives the Heart, and is good, a spoonful or two taken at a time, in violent Fevers.

Bed daping Dintment : Take Olive-oil two pound, and white Bees-wax half a pound; melt them together over a gentle Fire; then take them off, and ffir them together with a wooden Spatula till they begin to thicken. and when they are cold, add the following Powders, viz. Calaminaris-stone, and Bole-Armoniack, of each four ounces: Litherge of Gold. and Ceruffe of Venice, of each three ounces; Camphire one dram: grind the Colaminaris and Bole-Armoniack upon a Stone, and herce it through a fine hair Sieve, and powder the Litharge very fine, and fo put all the Powders into the Ointment, Stirring it till it becomes cold: then add a drop or two of the Spirit of Wine.

This Red Ointment is drying and cooling: it closes and ftrengthfirengthens, and stops Defluxions that fall upon the Parts. It digests and conflures the superfluous moiflure of Wounds, and Ulcers, and is of great use to smith the healing Part, and hasten the Cure, Or.

This often proceeds from the over-abundance of Blood that flows into the Eyes; and in this case it is necessary, if need require it, to bleed by Cuping-glasses, applied to the Shoulders; and on the contrary side to open the Head-vein, and purge the Body; and outwardly to apply such things to the Eyes, as may repercuss and drive back the Humours offending. To do which,

Take the White of an Egg, beat it up to a very fine thinness with Woman's Milk, and drop it into the Eyes by degrees, cooling and keeping them close when it is dropped in. Or.

Take Linseed, boil it in Water, and wet a Sponge in the Decoction, and lay it warm on the Eyes: Or do it in like manner with the Decoction of Fenugreek and Camomil; or the Juice of Night-shade beaten up with the Oil of Roses, and the White of an Egg; and dip a Linnen Cloath in it, and lay it on the Egg, when you lye down to take your rest.

Maunels of the Epes: Take Camphire a quarter of an ounce, Dragons-Blood and Bolus, of each half an ounce: Verdegrease bruised and sifted very fine, an onnce: infufe thele in a pint of the distilled Water of large Plantane, with often shaking them; wash the Eyes with the Water often, and it will take away the Redness and Pains, affwage the Swelling of the Eves that have long to continued, and may be used as an excellent Mouth-water for impostumated Sores or Ulcerations.

tory of the Wall, wash it, and boil it in Whitewine, or squeeze out the Juice only into the Wine, and drink it, applying the Herb to the Reins likewise, as a Poultis.

Parsnip, slice it very thin, and boil it soft in the new Milk of a Red Cow, till it looks very white: take it out, and mash it with the Juice of Oak-Apples, or for want of them, Acorns or Oak-leaves; and sweetening it with a little Sugar beat up in Butter, eat of this Morning and Evening moderately, for three or four Days successively.

Rest. Harrow: The Bark and Root provoke Urin, expel Gravel, ease the Pains of the Teeth and open Obstructions of the Liver, being in-

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fuled

fused in Wine, or in Possetdrink, and drank fasting.

Beftriaibe Dintment : Take two quarts of Olive-oil dried, Whortle-berries half a pound, Green Services, and the Juice of Whortle-berries, of each a pound; Roach-Alom a pound and half: put the Berries into a large earthen Pot well glazed, pour in the Oil, and dissolve the Alom in the Juices, and fo put it in with them, and cover the Pat: fet it boiling in a Bath till the moisture is near confumed, then prefs out ffrongly the Matter; and having separated the Oil from the Fæces, take the same Oil three pound, white Bees-wax nine ounces, melt the Wax in the fame Pot and Bath, then the Pot being taken off, ftir the Ointment with a wooden Spatula; and when it thickens and grows half cold, take Cypress Nuts, Whortle-berries. Pomgranet-flowers, and Rinds of Garnets and Acorns, the Stones of Grapes, and Ox's Thigh-Bone calcined, Grains of Sumach, Burnt-Alom, Mastick, Acacia, and the middle Rind of Chefnuts; calcine the Bone, and burn the Alom in an ordinary Fire; then beat them into Powder with the rest of the Ingredients, the Mastick excepted, which must be beaten a-part; and having fifted the Powders thus prepared, mix them

with the Ointment, stirring it till it becomes cold.

This is a good Styptick Ointment applied with fuccess to the Reins to strengthen them: also the Ligaments of the Matrix the Descent whereof it hinders, and prevents Abortion, by anointing the entrance thereof, and the lower part of the Belly. It is also fuccessfully used to close the Neck of the Matrix after Lying-in, and to confolidate what Defects may have happened in difficult Labour : It is also very proper against the Relaxation of the strait Guts, apply'd without, and put into the Fundament; and to stop the unreasonable Loss of Blood in Women, applied to the Region of the Reins and Liver, and all the Belly: It is also layed upon the Stomach to flay Vomiting. This Ointment causes not Heat, and is the best known for Cleanling and Confolidation.

Bheubarb: The Root only of this Indian Drugg is
here preferred: It is an excellent Medicin, gentle and without danger, wherein many
Virtues are comprised: It
cleanseth and fortisieth the
Stomach and Liver, heals
the Pains and Prickings of
them, clears the Blood, openeth and healeth all Maladies
that proceed from Stoppages,
as the Jaundice, Dropsie, Swelling of the Spleen, and long

Fevers :

Fevers: It is good against Spitting of Blood, and Stops it. It may be moderately taken at all convenient times without danger. The chewing of it purges Cheler and Flegm. It is excellent boiled and taken in Posset-drink before the cold Fit of an Ague comes, and is indeed extolled by all ingenious Physicians for the most excellent of Roots that ever was brought into this Nation from any Foreign Parts.

Rheum: Take a pint of Malmfey, or Muscadel, boil it gently, thicken it to a kind of a Syrup with five ounces of fine Sugar: then put in half a quartern of the distilled Water of Horehound ; and being cool, bruise a Licorice-flick at one end: and when you take it, which will be best towards Bed-time, dip the bruifed end of the Stick in it, and fuck from that about as much as comes to an ounce at a time. This is excellent good likewise against Colds, and cleanfes the Stomach and Lungs of offensive Matters.

Rheum to Dip up : Take Lettice-feeds, white Poppeyfeeds, and Purllain-feeds, of each a dram; Tragacanth, Gum-Arabick, and Saffron, of each half a darm; Opium three grains: bruife and powder thefe, and make them up into a Past Lozeng-wife, with Syrup of Red Poppies; and | and Colick. The Flower of

when you take one of them in a Morning, and at Night, bruise it, and put it into a little Wine; then keep your felf warm, and as much from the Air as may be.

Bheumatick E pes : Firft gently Purge the Head and Body, and let the Patient fweat a little: Then use the following Powder for the

Eyes :

Take Tuttia prepared an ounce and a quarter, Red Coral, and Yellow Mirobolans, of each a quarter of an ounce; Pepper half a dram: powder them very finely, and strew some of it in the corners of the Eyes: This do frequently, and the Rheum will be removed; and then by washing, the Sight may recover its clearness. Or,

Take Rain-water, boil in it Myrtle-feeds, and Gallnuts, fine Bolus, and Cyperus-nuts: and with the Decoction well strained and settled. wash the Eyes Morning and

Evening.

Bice : This nourishes mainly, but it is made of more easie Digestion, than to be eat as the Turks use it with their Mutton, and other Meats, with only boiling it with them as we do Roots or Herbs; being boiled in Cows-Milk, or Almond-Milk, it is very good to give to fuch as are troubled with the Lax, it is very good in reperculfive Plaisters. It stays inflammations in the Breasts of Women, and helpeth them. The Decoction of Rice is very profitable in Clysters, given in Laxes, or Fluxes; and boiled in your common Drink, it allays Heart-burning and the Heat of the Liver.

Bickets : Take about fix Shell-fnails, and if you can get them, those that hang about Wines, walk them when taken out of the Shells, and boil them in a pint of new Milk, to the confumption of half of it : then take out the Snails, put in Bread and Sugar, and give it the Child troubled with the Rickets to eat; and let it do this Night and Morning for nine or ten Days, and use the following Ointment for anointing the Back, Stomach, and other Parts afflicted, viz.

Take Oil of Olives half a pint, two ounces of the Oil of Camomil, two drams of Mace beaten very fine, grate into these some White-bread, set them into an Oven in an earthen Pot, when the Bread is drawn, and the Oven pretty hot; then strain it and use

it warm.

Richets, another: Take four or five handfuls of Shell-fnails, put them in a course Linnen Rag, and hang them up, setting an earthen Vessel under to receive the moisture

that droppeth from them, and with it bath the Joints of the Child, and other Parts grieved, Morning and Even-

ing.

Bickets, another ! Take fresh Butter, Sanicles and Red Mint, of each one pound: stamp the Herbs very small. then incorporate them with the Butter, and put them over a gentle Fire, till you can press out a Juice or Ointment pretty green, and anoint with it the Parts grieved, efpecially the Breaft, if any Affliction of this kind be of continuance; and do so in other Parts before a warm Fire, and keep out the Air as much as may be.

Boach-Blom, its Virtues: Take Roach-Alom an ounce, beat it into Powder, and add as much Vitriol likewife in Powder; diffolve these in Spring-water, and filter it after they have stood a conside-

rable time.

This cures all manner of Tettars, Ringworms, Herps, Scurf, Morphew, or Breakings-out in any Part of the Body, tending to Deformity, if the Place be washed with the Water these were dissolved in, two or three times a Day. This Alom-water, without the Vitriol, is good to cleanse Wounds, and Ukers: And being burnt in a rusty Fireshovel, or on an old iron Plate, till it becomes light, spongy,

fpongy, and white, the Powder of it will confirme by degrees, and with little pain, the moift and fpongy Flesh, and Excrescences in Wounds and Ulcers, and in the Lips, commonly called Proud Flesh. It also hinders Corruption, diffipates and diffolves humid Tumours. It whitens the Teeth, being rubbed with it, and fastens them: and being mingled with Sage-Water, and Honey, is good against the Scurvy, or Defects of the Gums, that make them shrink away and decrease, that many times the Teeth fall out.

Roaft Difters : large Oisters, cut them out of the Shells into a Veffel with their Liquor, but fo, that no Gravel may be among them; fet them then on the Fire covered, till they are scalded, draw eight or ten ffripes of Lard through each Oifter, feafoned with Nutmegs, Cloves, and Pepper very finely beaten and fifred; then put them on two fmall Lard-spits, tye them together, and in the roafting baft them with Anchoveys diffolved in Water, dridge them over with fine Bread, and then with what falls from them, make a Sauce, only add the Tuice of a Lemon; and when they are pretty brown, take them off, and ferve them up.

them, and truss them, roast them, and truss them, roast them larded, or unlarded, as their Particulars require; then take some Claret-Vinegar, two or three Anchoveys, the Gravy in which the Gizards were boiled, with Pepper, some hard Yolks of Eggs beat up but very thinly with these and garnish them with stewed Oisters and Lemon slices, or Camphire and Bayberries.

Rob: There is a Rob made of Barberries in this manner: Put to the Juice of Barberries one pound, or a pint, half a pint of white Sugar, and with the gentle heat of the Bath make it into a due thickness.

This is excellent good in hot Difeases, quenches Thirst, and cools the Stomach, and

creates an Appetite.

Bob; or, Juice of Licosite: Take the Roots well
cleanfed and bruifed, but yet
fo gently, that the Liquor
may not fly away. Infufe,
the bruifed Roots three Days
in fair Water, fo much as
may rife two Inches above
them; and after it has boiled
a little, press out the Liquid
part, and boil it with a gentle heat to the due confistence
of a Rob or Juice.

This is exceeding good for Coughs, and most Diseases of the Lungs. Of this, as of the former, you make take

halt

alf an ounce at a time twice

or thrice a Day.

Rocket, or Creffee: This is called Winter-Rocket, or Winter-Creffes; it Flowers about May, and Seeds in June: It provokes Urin, helps the Strangury, and helps Gravel and Stone: It is successful in the Scurvy, good in cleansing Wounds. The Juice or Decodion being drank, or outwardly applied to Ulcers and Sores, by its sharpness cleanfees them.

There is another fort called Garden-Rocket, which is more used in Sallads than Physick. But another fort called the Wild-Rocket , is more ftrong and effectual to help Digeftion and provoke Urin. Seed is applied to cure the Biting of venomous Creatures, and expel Worms that breed in the Body. The Herb boiled, or stewed, and Sugar added to it, is very available in the Cough, or Cold, especially taken by Children. The Seed often taken in Drink, takes away the ramish Scent of the Skin It encreases Milk in Nurses, and abates the Swelling of the Spleen; and mixed with a little Honey over a gentle Fire, if you anoint the Face with it, it will cleanfe the Skin from Spots, Morphew, and other Discolourings y and in Vinegar it takes away Freckles and Redness, not only in the Face,

but in other Parts; and mixed with an Ox-gall, it smooths flight Scars, Wrinkles, Marks with the Small-pox, Black and Blew Spots, and the like.

Rocket-Milo: This is hot and dry, and its chief use is to stimulate Venery, and is a preservative against Apoplexies; outwardly applied as a Poultis, it draws out Thorns and

Splinters.

Rofa Sotis : The Herb or Plant fo called, or in English Sun-dew, is hot and dry in the third degree, sharp and quick, and of fubtle Parts. The Leaves beaten with Salt, and applied, are held to raife Bliffers and Exulcerations. The distilled Water of the whole Herb, is very Cordial, and held by Physicians to be greatly available in the Confumption, falt Rheums distilling on the Lungs, Wheefings, and Shortness of Breath: also heals Ulcers of the Lungs, comforts the Heart, and revives the fading Spirits.

A distilled Water called Rosa Solis, being by all held to be a very excellent Cordial, an Essence of the Juice strengthens the Stomach, Head, Heart, and Liver, also the Bowels, and gives case to Wounds: It is very famous in the Epilepsie, Plague, and all forts of malignant and pestilential Diseases. Held in the Mouth it cures the Toothach, and drank in a Glass of

Wine it provokes the Terms, and expels the Birth. The Herb is held to cure Quartan-Agues, if applied fix Hours to the Pulse, and the Party bathed with the Water, or Decoction of it, and often repeated. The distilled Water drawn in a glass Still, is of a glittering yellow Colour like Gold.

in the Court way: Take of Aqua-vitæ two quarts, Sugar finely powdered a pound and a half, common Water a pint and a half; boil them up to a little thickness, but not to the confistence of a Syrup: then put to it half an ounce of Cinnamon powdered, and when it is boiled up, strain it through a Cloath with two grains of Musk, and half an ounce of

Sugar-candy.

Role = Lozenges : Take Provence or Damask - Rofes when they are in their prime of flowring, beat them very fine and finall, yet lose as little of the Juice and Scent as may be; then fprinkle over them Citron, or Lemon-Juice, cover them close, and add as much fair Water or Whitewine, as will boil them up a little till they become tender: then having fine Sugar boiled up to a Candy height, put them into it boiling, exempted from the Water and Inices, and keep them well ftirring about a confiderable time: then take cut the Sugar and Roses, so mixed, with a Spoon, and lay it on Pye-plates; make it thin as is convenient, and cut it out into what form you

please.

Bosemary-Mater: Take the Flowers and Leaves of Rosemary when they are at their best, half a pound, of the Root of Elicampane four ounces, Red Sage a handful, Cloves three ounces, and a like quantity of Mace, Aniseeds twelve ounces; beat the Spices separately, and the Herbs together; put to them four gallons of Whitewine; and having infused them for the space of seven Days, distill them.

This Water greatly comforteth the Heart, removeth Pains of the Stomach, creates a good colour, and gently purgeth the Blood by

breathing Sweats:

Bofe-Clater : Take Rofes when just blown, before they open too much, and lofe their fragrancy in the Air gather them when the Sun has dried off the Dew or Moisture; and having picked the Leaves from the Stalks, without fuffering any Seeds to fcatter among them, spread them on a clean Carpet free. from Dust, till they are altogether free from any moisture: then put them into a pewter Still, and make a Fire under them gently by degrees, and

fasten your Bottle, or Receiver to the Nose of the Still, tying Paper, or Linnen about it, to keep in the scent; and so corking them up, when full of the Water, within an inch of the Cork, set them in the Sun two or three Days, and then in a warm Place especially, lest the Frost take them, and either break the Bottles, or spoil the Scent of the Water.

Boles, an Dil Compound : Take fresh Red Rofes bruifed one pound, Juice of Red Roles four ounces. common Oil four pound, put them into a glazed earthen Pot with a narrow Neck, and stop it well: fet it in the Sun to macerate, and having boiled it in Balneo Mariae, strain and pressione the Liquor, and return it into the same Vessel again; do the like two or three times: then purific the Oil, and keep it for use. If. there be any moisture in it, it will be easie to separate it. because it falls to the bottom.

This Oil dulcifies and diffipates Fluxions that fall upon the external Parts. It extinguilhes Inflammations, and hinders the defcent of the Humours, and appeales Pains; it tempers the heat of the Stomach, and the heat in the Reins; it affwageth the Pains in the Head, as also Deliriums, and provokes Sleep, dulcify-

ing the sharp Humours that interrupt by their Acrimony. It must be warmed before you anoint the Part with it. It may be also internally given against the Worms and Dysenteries, from half an ounce to an ounce: It is good to anoint the Parts upon Fradures, and Differentions of Bones. It is mixed with equal Parts of Vinegar of Roles, to anoint the Head when shaved, for the abating the Vapours that afcend in burning Fevers, which too frequently cause want of Sleep, and Deliriums. This Oil also mixed in Pain-easing, and diffolving Liniments, and Cataplaims, and foftening Plaifters, to give them the confiftence of Searcloath, is of fingular use. The same way that this is prepared, you may prepare the Oils of Myrtle. Melilot, Elder Water, Lilies or Nimphæa, Chamomil, Violets, Lilies, &c.

Boses-Beb, Dyp: There is a Syrup however to be made of these, upon necessity; and to do it, Take two quarts of Water, inake it pretty warm, and insuse in for the space of twenty sour Hours sour or sive handfuls of dried Roses; and when the Scent of them is gone mostly into the Water, put fresh ones, and squeeze them at the taking out, and into this Water dissolve two pound

of white Sugar, and so dis-

This mitigates the hot Difeases of the Brain, asswages Thirst, strengthens the Stomach, causes Sleep, stays the Flux of the Belly, and agglutinates and mundifies Ulcers.

Moles, a Simple Dit:
Take freth Red Roles bruifed two pound, the Juice of them half a pound, and common Oil five pints; put them all together in an earthen glazed Pot covered, and let them, if possible, macerate thirty or forty Days in the Sun; then boil them in Balneo Marke, and press out the Oil very hard, and keep it for use.

It is cooling, affwages Heat, mollifies Swellings, and is good

in Burns, or Scalds.

Holes-Albite Infuser:
To infuse Roses, and bring them to a Syrup, Take of White Roses half a Peck, clean pickt from the Stalks, infuse them over a gentle Fire in a gallon of Spring-water, thrain out the Water, and squeeze the remaining Juice out of the Roses into it. Take of this Water five pints, to which the Gallon ought to be consumed in infusion, clarified Sugar four pound, boil them over a gentle Fire to the thickness of a Syrup.

This Syrup extracts thin offensive Choler from the Intrails, and waterilh Humours

from the Stomach; and is very good to be given to Children, old People, and fuch as are weakned by Sickness, and the like.

Molin, its Virtues : The Rosin of the Larch or Turpentine-Tree, is hor, emollient, cleanfing, healing, vulnerary, and pectoral, &c. it heals Ulcers in the Lungs. helps and stops the Gonorrhoea. It gently provokes Urin, and opens the Obstruction of the Reins, Uriters, and Bladder. The Dose in Powder is from one dram to two drams. Outwardly, it is u. fed in Balfams, Ointments, and Emplaisters. It foftens Tumours, and ripens them, if made up with Beef or Mutton-fuet. It ripens and heals Felons and Whitlows, and cures them when they break, cleanses Ulcers, and heals green Wounds; is much 2vailable in the Pains of the Gout, and all other Aches. and Pains proceeding from a cold Caufe. Helps Strains and Hurts of the Nerves and Muscles, and strengthens weak Limbs.

Of this, Spirits, Oil, and Ballam, are extracted, by diflillation, in a large Retort in Sand, distilling first with a very gentle Heat, till all the Flegm, and Spirit, (in which is contained the volatil Salt) is come over; and then gradually encreasing the Fire to

force

force over the Oil and Balfam, which are to be rectified from Colcothar, or Bonet Ashes.

This Spirit is very Excellent: For it takes off the tartarous Mucilage in the Lungs, Reins, Breaft, and Stomach, Uriters, and Bladder, It hinders the generation of the Stone and Gout. The Dose is from one to three drams.

The Oil dissolves Tumours of the Gout, strengthens the Nerves, cures the Palfie, Tumonrs, Wounds, and Ulcers, and all manner of Convulsions, Cramps, Aches, Pains, Strains, and Bruiles proceeding from a cold Cause, or Violence, the Part grieved being often anointed with it. The Balfam has the fame Virtue, but not fo penetrating, and therefore is mostly used in the curing old Sores, Fistula's, Ulcers, Pain in the Gout and Sciatica's, &c.

ARue: This is for its wonderful Virtues called the Herb of Grace. 'Tis very Attenuative, Incisive, and Digestive, Resolutive, and Provocative. It driveth out Windiness, by reason of its heat in the third Degree, and not only sharp in Tast, but bitter also, by reason whereof it may resolve and penetrate gross and clammy Humours; and through the same qualities provoke Urine. It consists of subtil Parts, and is numbred

among Medicins, which are great dryers; and therefore it is good against Inflammations, affwaging any luftful Appetite. The Seed boiled. and drank in Wine, greatly refifts Poison. The Leaves eaten alone, or made into a Conferve; if the Party take half an ounce fasting, it refifts ill Airs, caufeth pestilential Fevers, and consequently the Plague. The Decoction drank, easeth Pains in the Breasts and Sides. Inflammations of the Liver, and the Pains of the Gout; also the Shaking of, Agues. Being eaten raw, it cleareth the Sight, and is good against Difficulties of Breathing, and the Cough. Being mixed with French Cherries dried, it allayeth the Pains and Heaviness of the Eyes : and with Oil of Roses and Vinegar, it eafeth the Head-ach. Being bruised and put up the Noffrils it stays Bleeding. The distilled Water of it infused into an equal portion of Wine and Role-water, is very foveraign for any Pains in the Head, or Stomach.

Rue of the speadom:
This is to be found on the Borders of moift Meadows, and by Dirch sides, flowring towards the end of July, and beginning of August. Dioscorides highly approves it for Bruises, and the healing of old Sores, being applied to them Poultiswise, or they

washed

washed withrehe Juice . The distilled Water and Flower of this Herb have the like Virtue. Some People ufe it fhred among common Porherbs in their Broth, for opening Obstructions of the Body and to pender it soluble ! But the Roots clean washed? fhred or fliced and bofled in Ale, I hold to operate more in that kind, than the Leaves ; yet they provoke Stool, but very gently. The Roots boiled in Water, defroy Lice and Vermin, incident to himane Bodies, by only anointing the Places with their Decoction. Camerarius tells us? That it is in great Effeem in Italy, as an Antidote against the Plague and that the Saxons we it from and apply it to the Rupwith fucces in the Yellow Taundice Teids of

Buffy's Pills: Take of the best Aloes two ounces, Myrrh and Saffron, of each an ounce mix thefe finely powdered with as much Aromatick as will make them into Pills. These taken one at ther; and having the Bowels a time as big as a Pea, help Concoction and Digestion clear the Scomach, and create a good Appetite and are much available against pestilential Airs and Contagions.

Buffs, and Beothanks to Boil: Take these Fowl, put; them upon a Spit, and lay them to the Fire with all falling down of the Bowels

roafted; then having Water boiling in a Pipkin, after you have fluck a few Cloves about them, put them into it, (but in must be very little;) and when they have taken a warm prawo, put out all the Wal ter to a pintip then put in forme Claret-wine, and ffrong Broth, a few Mace and Cloves. with the Gravanthat drope from them when they were roasting, then add forme Peps per Ginger fried Onions! and Salt maffew allowell togethen, and fewer them up on Bears-greate, cir. staggil

Bupture & Having a good Trus, Take Confirm half a handful, bruife it well with the Filings of Iron, forcad it thin on a Plaister of Diacuture, and keep it close up : and by often renewing it, great Advantage is found p

inupture to Oute !- Take Cyprus Nuts, make them into Powder, and take Juice of green Hops, or the tender Tops, mix them well toge? put up, and well truffed, lay it at the bottom of the Belly. and in all convenient Places, as a Plaister; and as it dries. supply the place of it with a moilt-one.

Bupture on the Papel : The Rupture, or Burftenness, is generally known by the little Bashing, till they are halfo inco she Cods, tho' there is a

Rupture

Ruprore that appearethabove the Privy Parts for at the Navel of Meto and Women, the Rupture of the Navel being known by a fwelling in or hanging out of the fore part of the Bullyuo To remedy this , Take Comfry two ounces, flamp it well, mix it well with an ounce of Bees was over a gentle Fire till it lein be brought into a Plaistor and apply states the Nagehr But if the Rapture be great often renew weffand andent the Back-bone of the Paris with Bears-greafe, chafing it m bot and let the Party like Morning and Evening a drain of the Herb Thoroughway in the Fill was of Ironi Wolfiel

Rupture shia Blaiftenich Take Daile-noots, the like of wild Tagfie and Comfry, of each half an ounce; Mastick a quarter of an ounce, Pome granet-square, and the Thice of Slees halfsandram of each Hares Wool a clipt fmall due dram Stone-pitch two come ces, Bild-lime an ounce, Wax five dramb Qui sof Roles as much as will make them how to a Platter oand apply ditted the Imeflians being put upis and a Trussbayer them! and fecune ahema don need not take off the Truss, but when you renew the Phaister, which need not befunder five of stall inter Days: On weethis, viz.

Roots, Marjoram, Galls, Juice of Sloes, and Frankincense. of each an ounde a then diffolve an ounce of Gum - Traeatenth in Wine, and temper the rest without and then over a genule Gire, by well mixing, and a confumption disthe monthire make it into Plaifter, and Jay it on the Runture. 1 Store 1

edikupture through allater : This is a hadropical watery buttour in the Liver, Veins. and Pores, which falls down intai the Code, and is known byothe fwelling of them, and the Navel Torremedy this Take Maffick one ounce, Cyperus-Nuts Half an ounce Gum - Tragaminth : half an ounce : britile them, and temper them well together with Oil of Roles o and then rapply it, and use this Purgation, Diz sold in a life

Take Turbith a quarter of an ourice, Ginger lone dram white Sugar three drams, temper them well together, and let the Party take it every fourth Day in Wormwoodwine, or Water a and the other Mornings between them, Water of Bathat Botony, and Wormwood of eleft an ounce and half Winegar of Squills an ounce mix chem toge ther, and drink them faftto Dont : Take their

banustice thisauthanno Take of Cyperus-Nuts two In this Cafe the Party milk ounces, Myrrh and Cyperus during the Cure, eschew all

fuch Meats and Drinks as cause Windiness in the Body, as Milk, sweet Wine, moist Fruits, Peafe, Beans, Turnips, &c, then take Sulphur-Vine two ounces finely beaten, Grains half an ounce grofly beaten, Cammomil-flowers a quarter of an ounce : feeth thefe in a pint of Spring-water till a third part is confumed then dip a Sponge in it, and apply it to the Place as hot as may be, renewing it five or fix times a Day.

Baveure-atoit : This is mostly found on dry, fandy, and rockey Places. It is Excellent in the Curing of Ruptures, not only in Children, but also in those of Years, if the Distemper be not too invererate; by taking a dram of the Powder of the dried Herb in a glass of Wine for a confiderable time : or the distilled Water or Juice of the green Herb taken in like manner. It helpeth likewife all other Fluxes in Men or Women, Vomkings, and the Gonorrhoea, and Running of the Reins, by being taken either of the ways mention'd. It helpeth those that have the

Strangury and Stoppage in Urine, Stone or Gravel in the Reins, or Bladder; helps Stitches in the Side, or griping Pains in the Stomach and Belly, Obstructions of the Liver, Worms, Yellow-Jaundice, Desluctions, and foul Ulcers.

Buthes: These some hold so inconsiderable, that it is of no value, but for making Candle-Wicks: But learned Physicians, who have fearched more curiously into the abstruse Retirements of Nature. are not of their Opinion. Dioscorides, Galen, and Pliny agree, being powdered and drank in Wine, it stayeth the Lask in Women's Courses. provokes Sleep, (but must be taken with caution, left they cause Pains in the Head.) The Root boiled in Water to the confumption of a third part, doth mainly help the Cough.

Bre: This grain boiled in Water or Wine to a strength. and drank, viz. the Decoction, kills Worms in the Belly, and brings them away, especially if Coriander-feeds be boiled

with it.

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Zonels to Eprel : Take the Herb called Cranesbill, Rue, and Pulegium, of each as much as may be held conveniently between the Thumb and Fore-finger; dry them in an Oven, and beat them into Powder: and being mixed with a little Sugar, and Powder of Licorice, make them up into little Balls, or Lozenges, with Cinnamonwater, or Rofe-water, and eat them as you find occafion.

Saffron : The best Saffron is that which tinctures your Hands upon a gentle touch, and smelleth somewhat tharp, and is not very brittle. In property it is good for the weakness of the Stomach, and faintness of Heart; and being taken in a small quantity of Wine, it preserveth from Drunkenness, and healeth the Bitings of Serpents, and Stinging of Spiders: It is restorative. The too much Smell" thereof is bad for the Brain. and the taking too much of it is troublesome to the Spi-THE.

Sage: This is a fingular Remedy against all cold and

Head, and against all Pains of the Joints, either being taken in Drink, or applied in Fomentation; wherefore it is very good for those that have . the Falling-fickness, or subject to Lethargies, or have at certain times their Members benumb'd, or senseles: It availeth much against the Defluxions of Flegm, and Maladies, incident to the Breast; and is very advantageous for Women with Child to eat it often, especially if they are subject to travail before their .. time; for it keepeth the Child in the Womb, and doth quicken it. If a Person subjest to fit Blood, takes three or four fpoonfuls of Honey with the Juice of Sage, dou-ble the quantity, in a Morning fasting, the Blood will be flay'd in twice or thrice fo doing. The use of Sage in Pottage, and otherwise, serves to sharpen the Appetite, and cleanse the Stomach that's oppressed with ill Humours. In fine, when there is any occasion for heating, drying, or binding, use this Herb as a very good Medicine.

Saland - Grand: To make this of minced Meats Mince plylegmatick Diseases in the Capon, Veal, dried Neats-

tongue

fongue in flices, Lettuce shred, small Olives and Capers, Mushrooms pickled, Samphire, Broom-buds, Lemons or Oranges, Raisins, Almonds, Potato's, Caparoons, or Crucifix-Peas, Currans, pickl'd Oisters, and Tarragon. To dish this up, Take a little Tarragon and Lettuce, mince them small, and put the several Things by themselves, and garnish the Dish with Oranges and Lemons sliced, or in quarters.

Dalmon fry'd : Take the Rand, Chine, or Jowl of Salmon, and fry it, cut in thin flices in fweet Butter; and when you perceive it begins to grow crifp, prepare your Sauce with Claret, fweet Butter, grated Nutmeg, the Juice of Oranges, and the Liquor of pickled Oisters, heat them over a gentle Fire with continual beating, and pour them on the Fish; and for garnish, lay Sage-Leaves and Parfly fried in Butter, but not too crifp.

Salmon - Die: Take a convenient piece of fresh Salmon, two quarts of Shrimps, or Prawns, and the like quantity of opened Oisters, a quarter of an ounce of whole Mace, the like of beaten Ginger, and four Anchoveys: mix what can be conveniently so order'd, spread the bottom of the Pie with Butter, lay in the Fish, and scatter the seasoning all over it, and

uppermost another laying of Butter.

Salt = Diuretich : Take the Urin of a healthful Man. and put it into as much Hungarian Vitriol powdered as it's capable to dissolve; make the Diffolution in a large Veffel, that there may be room for Ebullition, which being ceafed, put the Liquor into a glass Cucurbit covered with its Head, and distill off the Flegm and Spirit in a Sand-Bath, first with a flow Fire, then with a gradual Fire encreafed and fublimate the volatil Salt at laft.

Dalmon to Roaft : Take a Towl of Salmon, or a Rand, and divide it into four pieces, feafon it with Salt and grated Nutmeg, flick in it whole Cloves, and put it on a convenient Spit, laying on it likewife a few Bay-leaves, and Sprigs of Rosemary: then baft it with Butter, and fave the Dripping to mingle with other Butter, to be ferved up in Sauce, mixed with Verjuice, the Juice of Oranges, and garnished with the slices of Oranges.

This Salt composed of the volatil Salt of Urin, and several acid Particles of the Vitriol, vigorously expels serous Humours by Urin, the Passages whereof it opens. It is to be taken in Whitewine, Diuretick Waters, or Decocions, from a scruple

T 3

to a dram. It is very available in Dropfies, diffolved in opening Decoctions; for which purpose you may mix the Spirit with your usual ordinary Drink. The Flegm applied to the Gout, asswages the Pain thereof. It is also good to allay the Inflamma-

no wof the Eyes.

arfaparilla, an excellent Drug, much used in many Distempers. It is a very long Root, not much unlike to a small Cord, brought our of the Spanish West Indies. It's given in a Dyet-drink, ordinarily for the Cure of the French-Pox, or Gonorrhoea, and King's Evil, To do this, Take a gallon of Water, mealy Sarfaparilla folit, a handful; Raifins stoned, blue Figs fplit, and blue Gurrans, of each two ounces; Licorice, Carraways, Annifeeds, and funiper-ber ies, and Fennelfeeds, an ounce of each bruifed: mix and steep them twenty four Hours in the Water, then boil it to the confumption of one half; ftrain it out and fuffer it to fettle : then when it is cold, bottle it up, putting into each Bettle half an ounce of white Sugar, and a quarter of a bruised Nutmeg.

Sarfnets to cliath: Take your white Sarfnet, and spread it on a smooth clean Board long ways, soap it well, yet let it remain on but very thin, then raise a gentle Lather with a small hard Brush, by brushing it the right way of the Silk; and so in order turning it, do the other fide in the same manner: then cleanse it with fair Water, and make a new Lather hot, and fo renew it three times with turning; then cast the piece into hot Water, where a little Gum, with a small quantity of Smalts has been dissolved; let it lye so covered a convenient time, fold it smooth, and dry it as well as you can, by clapping it between your Hands, and for dry it over Brimstone, spread it on a Table, and iron it on the right fide.

Black Sarfnets are manag'd the fame way in washing, though they are generally rinced in Small-beer, without any Gum, or on a Woolen Cloath.

Coloured Silks may be washed as white Sarsnet, a-voiding the blue Water, or drying over Brimstone, for that fades their Colour.

Sauces for Beef-Stakes:

(1.) Beat Butter with the Juice of Lemons, and garnish with flices and sprigs of Parsley.

(2.) Gravy and Butter. (3.) Mustard, Butter, and Vinegar.

(4.) Butter, Vinegar, mineed Capers, and grated Nutmeg; and if you design to garnish them sundry ways, take either.

Parsley,

Parsley, Sage, Clary, Onions, Apples, Carrots, Parsnips, Skirts, Spinage, Artichoaks, Pears, Quinces sliced, and fry them in Butter, and they indifferently serve for any fort of fried Meats wharsoever, acaccording as your Pallate best relishes, as Udders, Sweethreads, Tongues, Rabbits, Chickens, and the like.

Dauces for Chickens Boated: (1.) Gravy and the Juice, or flices of Oranges. (2.) Mutton-Gravy, the Gravy of the Chickens, Verjuice and Butter. (3.) Butter and Vinegar boiled together with a little Sugar. Make thin Sippers of Bread, lay the reast Chickens on them, and ferve them up hor. (4.) Wath a good handful of Sorrel, stamp it, prepare thin flices of Manchet, and put them into the Dish with fome Vinegar, and the Juice of the Sourel, Sugar, Gravy, beaten Cinnamon, and beaten Butter, fome flices of Lamon and Orange, and ffrew thereon Cinnamon and Sugar: (5.) Sliced Grange, White wine, Cinnamon, Rosewarer, and a few Blades of Mare. Ginger , Sugar, and Beaten Butter, fet them on a Chafing-Dith of Coals and flew them : then place some flices of Manches sound the Diff. finely carved, and the Chio kens Heing possed well, lay them into the Sauce, and ferve them garnished with flices of Lemon, Barberries, and Parish.

Dauces Toz Duck . of Mallard: (1.) Vinegar and Sugar boiled to a Syrup with two? or three Cloves and a little Cinnamon, or Cloves only (20) Gravy of the Fowl Oister Liquor, a whole Onion boiled in it. Nutmeg, Anchovey; and if lean , farce and lard them! (3.) Onions fliced, Carrers cut Dice fashion, boiled in strong Broth, and Whitewine or fome Gravy, minced Parfly, Savory flored fmall, Mace and Burter well fewed toges ther. This may indifferently ferve for divers kinds of wild Fowl, but more particularly for Water-Fowl

Dauces for Green-Geele : (1.) Mince Sorrell, and Sage, Clamp them with Bread, and the Yolks of Eggs hard by boiling, and grared, or fliced Pepper, Salt and Vinegar (2.) Stamp Sorrel, Whitebread, and the flices of Prou pins, or other hard Apoles, put Wine-Vinegar and Sugar to them pithen piefs out the liquid Part through a fine Gloath, put it into Sawcers, and feraping Sugar into it, ferve it up. (3:) The Juices of Lemon, forrel, grated Bread and Sagar : Garafh with Parlley . The flices of Lemons, or Oranges; or, for went of them, with Barber-

T 4

and to ferve them up. Thefe Sauces may ferve likewife for young Ducks, of eat, or Widgeon

Take the Juide of Sorrel mixed with feeled Goofeberries; and ferved on Sippers and Sugar with bester Butter.

Hare be roalted, take the following Sauces as your Pallate both relishes will around

ni(1) Beater Gunamon, Ginger, Nutmeg, and Pepper, boiled Primes in Whitewine (20) Currans Arained, muskefy'd Bisket bread beaten to Pouden, Sugam and Cloves boiled in Water to the thickness of a Greweln and

Having made these Sawces. on prepared them for making, Take the Hano disanity and led it over with small Lard Rick it with Cloves, and put 4 Pudding into the Belly of it somade lose graced Bread grated Nutmeg beaten Ginnamon, Sale Currine, Eggs. Gream ; make ito fliff and good, fill the Hare and roaft 16 4 and, if you defire to have this Pudding green; put to it! the Juice of Spinnage of Partly if yellow Saffron, 95 Turmerick; if red, Turnfole. emen , Sorrel,

dets, Roated to Take the Yolks of fix hard Eggs, min-

ries

wine, or Wine-Vinegar, with beaten Butter and the Gravy. 12 Inice of Oranges, Pepper, Salt, and Gravy, boiled with the Neck, Liver, Heart, and Gizzards, and add Muflard if you pleafe. (3.) Beer, Salt, the Yolk of three hard Eggs minced, or grated Bread, three or four spoonfuls of Gravy; and when thefe are well beat up, put instwo or three: flices of Orange, or Lemon, with Lemon peel shred small. (4.) Rearen Butter, with Juice of Orange, or Lemon, White or Claret-Wine well mingled and beat up with the Butter. (s.) Take Gravy and Claret-Wine boil in it fome flices of Onion, Nurmeg, and Salt. ferve it up with flices of Qrange and Lemon. (6) Oifter-Liquor, an Anchovey or two, fliced Nutmeg, Gravy; and rub the Dish with Onion, or Shalot. (7.) The Yolk of Eggs hard boiled, and Lemon-peel, mince them very fmall, and flew them in Whitewine, Salt, and the Gravy/of the Fowl,

Dance for Land-ford!
Take boiled Prunes, and strain the Bild into a little of the Blood of the Fowl; add then Cimamon and Ginger finely beaten, boil'd with a little Sugar to an indifferent thickness and serve in the Dish, with the Gravy of the Fowl.

Sauce for a Lotte of Meat: Take I hyme, Pennyroyal, Mint, Sage, and Marjoram, boil two Eggs hard, and shred the Yolks of em with a little Salt, and grated Nutmeg; then the Herbs being shred in, boil them together with a few Currans, beaten Cinnamon, Sugar, and some whole Cloves, dish it on this Sauce, and garnish it with slices of Oranges.

For a Leg of Veal the fol-

lowing Sauce.

Stuff it with Beef-fuet seafoned with Nutmey Salt, and the Yolks of two or three raw Eggs well mixed with the other: then make Sauce with the Gravy that drips from it, when the Fat is blown off; and giving it two or three warms on the Fire, squeeze in the Juice of two or three Oranges: Garnish it with Violet-flowers, Parsly, and Oranges fliced.

Dauces for Digs: When your Pig is drawn, prick up the Belly with a Crust, and a little chopt Sage in it, or a Pudding of grated Bread, Currans, and beaten Mace, lay it to the Fire, but not too near at first, for fear of scorching; and when it is a quarter roasted, if you bast it not well, then bread it with grated White-bread, Currans and Sugar brussed together, and dried again,

fo that they may flick on: then being roafted, draw it, and ferve it whole with this Sawce, viz. White-wine, Cinamon, whole Cloves and Sugar, boiled up to a Syrup, and the Gravy with what elfe fell from it. (2) A little grated Bread, the Pigs Brains, Sugar and Barberries, with a little beaten Butter. (3.) Vinegar, Butter, the Yolks of hard Eggs, minced into the Gravy of the Pig; boil these up, and ferve them as a Sauce. (4.) White-wine, fome strong Broth, or a minced Onion. fome ftrip'd Thyme, grated Nutmeg, and the grated hard Yolks of Eggs, fome Anchovies and Pepper beaten small, Butter beaten up with Elder Vinegar, and the Gravy that falls from the Pig. (5.) Two or three Yolks of raw Eggs. beat up, grated Nutmeg, Sugar, Currans, Cream, Sale and Pepper, Sugar and Cinamon.

Sauces for roast Digesons: (1.) Gravy and the Juyce of Oranges. (2.) Fill their Bellies with minced Parsly, and when roasted, beat up some Butter and Vinegar thick, and put the Parsly to it. (3.) Onions stewed with Gravy, Claret-wine, and a little Salt, and garnish d with Parsley and Marigold-flowers. (4.) Vine-Leaves roasted in the Bellies of the Pigeons, minced, and put into Claret-wine and Salt,

beaten

with Rutter and beaten up Gravy.

Dauces for Rabbets : (L) Beat Butter, and rub the Diff with Onion or Shalot. (2). Sage and Parfly minced, rowled in Balls, in Butter, and fill the Belly with this fluffing. (3.) Beaten Butter with Lemon and Pepper. (4.) According to the French Fashion, Onions minced small, and fryed and mingled with Mustard and Pepper. (5.) The Rabbits being roafted, wath the Belly with the Gravy of Mutton, and add to it a flice or two of Lemon.

Sauce for iRed : Deer : (1.) Sweet Herbs small minced and boiled with the Gravy only or Whitebread boiled with Water pretty thick, without Spices, putting to it fome Butter. Vinegar, and Sugar. (2.) The Juyce of O. ranges, Lemons, and Gravy beat up well. (3.) A Galladine Sauce made with ffrained Bread, Cinamon, Sugar, Vinegar, Claret-wine, and some beaten Ginger, finely strained, or you may sad a few Cloves and Sprigs of Rosemany. (4.) If you will fluff or farce any part of the Deer convenient to be fo used, slick the piece chosen with Thyme, Rosemary Savory, or Cloves, or elfe with all manner of Sweet Herbs, minced with Beef-Suet: lay the Caul over the fide, or half of the Haunch, and fo

roasting it pretty well; ferve it up with any of the forementioned Sauces, garnining with Oranges, Lemons, and red Beer Roots.

Dances toz Boatt Muttou: Gravy, Capers, Sampire and Salt, flew them well together in two Waters; Onions, Claret-wine, fliced Nutmeg, and Gravy, boiled up with three whole Onions. flewed in frong Broth or Gravy, White-wine, Pepper, Pickle Capers, Mace, and three or four flices of Lemon.

Sauces for Boalf Pork : (1.) Gravy, minced Sage and Onions boil'd together with fome Pepper. (2.) Mustard, Vinegar, and fmall Pepper. well bear togethen. (3.) Apples pared and quartered, and boiled in fair water, with some Sugar beaten up with Butter: (4.) Gravy, Vinegar. fliced Onion and Pepper, boiled up together. The Sauces thus ordered, you may take a Chine of Pork, and draw it with Sage on both fides, when it is on the Spit, then roaft it; and to you may do by any other Joyne of Pork, viz. Loin, Back, Breaft, Spare-rib, or Harflet of a Bacon Hog, being falred a night or two.

Sauces for any kind of hea-foint roafted : Make a Galladine with grated Bread, Cinamon, and Ginger beaten, a quarter of a pound of Sugan, a pint of White-wine-

Vinegar,

Vinegar, and a quart of Claret, boil them up and strain them, add a few whole Cloves, and boil them again with some sprigs of Rosemary, add a little red Saunders, and boil it thick as Grewel; and putting a sufficient quantity into a Dish, place the Fowl in it: And this especially is an excellent Sauce for Whoopers, Swans, Cranes, Shovelers,

Herns, and Bitterns.

Sauces for Stuble Geele: (1.) Sour Apples, or Pippins, boiled to a Pulp and strained, add to them Sugar, Vinegar, Gravy, Barberries, grated Bread, Mustard, beaten Cinnamon, and boiled Onions (2.) Slices of four strained. Apples boiled in Beer, mash them, and put in Sugar, and beaten Butter; and for variety, add Barberries, and the Gravy of the Fowl, Take the Gizards and Livers minced small with Sage Beets, I weet Herbs, and fprinkled with Salt; add minced Lard, and fill the Belly of the Goofe, fow up the Rump, or Vent, tye the Neck with a Packthread, and roast the Goose: being roafted, take out the Farcing, put it in a Dish; and then put to it the Gravy of the Goofe, Pepper, and Ver-Juice, give it a warm on the Fire, and ferve it up. The French Sauce for Geefe, are only Butter, Mustard, Sugar, Vinegar, and Barberries.

chaptory: Of this Herb there are two kinds, one like to Thyme, and the other greater, and more branched. The latter being used as a Caraplasm, with Wheat-flower sod together in Wine, is available against the Sciatica; but the use of it is chiestly good for healthful Persons, whether it be in Portage, or Sauce, or otherwise; and being dried in the shade, and brought into Powder, it may be used instead of Spices.

Saufages to Make: The best way to do this, is to take a Leg of Pork that has lain an Hour or two in Salt and Water, Take off the Far, and mince the Lean very finall, and fared into it Beef-fuet, feafon it with half an ounce of beaten Cloves, and an ounce of Pepper, and the like quantity of Mace beaten fine, thred fmall, a handful of Sage and Rolemary, and break in about a dozen Eggs, and mix all well together; then fill the great Gut of a well washed Hog, and boil them gently: then dry them in a Chimney, and they will keep excellent good for a very considerable. time.

Saulages bithout shing: To make thele, Mince the Lean of a Leg of Pork very small, having first taken out the Sinews and Strings; then add two pound of Reef suct finely shred, and two handfuls of red Sage, a little Pepper, Salt, and Nutmeg, with a piece of an Onion: mingle them, being all finely minced and beaten, having put in two or three Yolks of Eggs; and so with a small matter of Flour, make it into a Past in lengths, or Balls: and when you fry it, cut it out in pretty thick slices.

Stabious : This Herb, though wild. and mostly growing in the Field, is of excellent use. The Herb and Root boiled in Wine, or the Juice of it, or the distilled Water of it, cures Imposthumes, Pleurifles, Coughs, or other Diseases incident to the Breaft, or Lungs. 'Tis good also in the Quinsie, Plague, Ulcers in the Fundament, Itch, and likewise for Beautifying.

Scabs : Take the Roots of Celandine, Wormwood, and red Dock, of each a handful; Lawrel and Ivy-Leaves, of each half a handful : bruife them well, and fry them in Butter till they become crifp: then strain out the Butter with hard preffing, and keep it as an Ointment of special use in all manner of Scabs, Breakings-out, Botches, or Blains; and if mixed with a little Powder of Sulphur, it is excellent for the Itch, and to hinder the biting of Bugs, or cure those that are Bit.

Scabious-Mater: Take four handfuls of Scabious-flowers, a handful of the tender Tops of Comfrey-flowers, of Fumitory four ounces, Roots of Orris three ounces, Baum, and Celandine-tops, of each a pugil: diffil these in a cold Still with four ounces of Almonds blanched, and steeped in warm Water till they swell.

This is an excellent Beautifier, and causes a fresh Colour.

Scalos to Cure : Take a quart of fweet Cream, then walh, pare, and flice a handful of Fern-roots; boil them together in an earthen Pipkin with two ounces of Dove's-Dung finely powdered; or, for want of that, Hen's-Dung for the space of half an Hour, or till, by continually flirring it, it jellies, or thickens: then let it cool, and fo ipreading fome of it on a Cloath, apply it to the Place scalded. So by often applying, the Fire will be taken out in a little time, and the Pain removed.

Scall p-Pails to take off: Take the Seeds of wild Mint, and Linfeed, of each a quarter of an ounce; bruife them and mix them with Honey; make a Plaister, and fix it on the Nails, and in a little while they will fall off, and other found ones grow in their stead.

Scally=Spots: To remedy these rough and unseemly Deformities of the Skin, Take half an ounce of Nigellafeeds, bruife and boil them in a quart of strong Vinegar until half be confumed; then add as much of the Oil of Walnuts, as will, when strained, and a little more boiled, reduce it to an Ointment; with which anoint the Place often, and it will make it fmooth and beautiful. This is likewise a Remedy for the fretting and gauling of the Skin, and Itch.

Sciatica: Take four handfuls of Straw-berries, boil them in a quart of Water, and haying bathed the grieved Place with the liquid part strained from them very warm, dry it; and then anoint it with this Ointment, viz. Unguentum Dialthez one ounce, Honey half an ounce, Bees-wax a dram: mix them over a gentle Eire, and make an Ointment for the aforesaid use : and by often anointing,

Scorbutick-Wlater : Take the Juices of Scurvigrafs, and Water of Pimpernel depurated, of each three pints; fine white Sugar two pound: make them into a Syrup over a gentle Fire.

the Pain will cease.

The use of this Syrup is very successful, taken in scorbutick Maladies, from one

butick-waters, Mint, or Penny-royal-waters, &c.

Scozbutick = Calater of Scurbigrafs : Take the Bark of Capers, Tamarisk. Ash - Tree, Polypode-roots of the Oak, of each two ounces; Water-creffes, the Tops of Baum, Agrimony, Germander, and Ground-pine, of each two handfuls; Fenel; and Aniseeds, Carduus-Benedictus, of each one dram and half; the Flowers of Broom. St. John's-wort, Centaury the Lefs, Elder, and wild Thyme: of each a pugil: let these be infused in Fumitory-water and Whey, of each three pints. Whitewine two quarts; add Oxymel of Squils one pound: then strain them, by pressing out the Liquor very hard; diffolve in it Troches of Capers. fix drams : after distil it in an-Ash-bath, and take two ounces at a time for Pains in the Stomach, Vapours arisingto the Brain, Breakings-out, Scurfiness of the Body, Nodes, or Knots in the Skin; and for carrying off all gross and ill Humours by Sweat, Stool, or Urin.

Scurbigrafs-Bath : Take Scurvigrass and Fumitory, of each a handful; Fenugreekfeeds three ounces and a half; Flowers of Mellilot two handfuls, and of Camomil one handful; Mallow-roots, Brooklime, and Mugwort one hand. spoonful to two in any scer- ful and half; the Seeds of

Water\_

Water-Bettony, and Parfley, of each three ounces and half; Bay-leaves a handful: boil there in two gallons of fair Water to the confumption of

a quart.

This removes hard Swellings, and Pains in the Joints, allays the Pain, occasioned by excellive heat reftores thrink'd Nerves and Sinews; and is good in ealing Pains of the Gont, being applied to the

grieved Part.

Deutvigrale, irs Effence: The Scurvigrals, Fumicory, Germander, and Wormwood. of each three handfuls; of Orange-peel, fix drams : digeft them with Spirit of Scurvigrafs, and Elder, of each fo much as fuffices, to the Extraction of their Tincture. and let them be firongly preffed out, and put of the former Herbs and Powder into the straining; and do this three of four times : and when it is clarified by fettling, add of the Spirit of Fern, and Scurvigrais, of each three ounces and a half; Spirit of Tartar nine drams : nix them. and take it from twelve to twenty drops in Ale, Beer, Wine, or any other convenient Liquor.

This is good against Firs of the Mother, Falling-ficknels. Oppressions of the Stomach. Afflictions of the Ma-

trix, and causes Urin.

Dentvigrafs 12hpfick= cuint : Take Water-creffes. and Wall-rue, of each one handful wild Radiff-roots, and Roots of Polypody, of each two drams; black Hellebore-roots, and Jalap, of each one ounce; the Leaves of choice Semia one ounce, the inward or yellowest Rind of an Orange two outies, best Cinnamon one drain and a half, crude-Tartar three drams. Thefe being cut, and groffy bruifed, put them into a thin Bag, few them up, lay them by in a frone Pot, and pour upon. it two quarts of Whitewine: let it fland eleven Days, draw it off, and take three ounces, or more, according to the Strength of your Body.

This purges Choler, and Melancholy, cleanles the Stomach, and eafes Pains in the Bowels, causes gentle Sweats, and cleanfes the Blood.

Sturvigtals = Unine : Take the Juice of Scurvigrafs, Water-creffes, Brookof each a quarter of a pint; Rhenith - wine two quarts ... Roors of Horfe-radiff, Elecampane, Flower-de-luce, cut into thin flices, of each an ounce and half; two Nutmegs bruifed : put all into a stone Bottle, stop it very close, and keep it in a cold place for use.

Taking Morning and Night a quarter of a pint, cures the

Scurvy

Scurvy to a wonder, and pu-

rifies the Blood.

Scurbigrate titine another: Take of fresh Scurvigras four handfuls, beat it very small, pour upon it two quarts of Rhenish Wine, let it stand in a cool place three or four Days; then strain it, and let it settle, and so draw it off from the dregs.

Drink of this half a quarter of a pint falling, and it will purifie the Blood, help Digettion, take away pricking Pains, and Hears, or Flushings in the Face or Body, provokes Urin, and evaporates noxious Humours by sweat.

Bena: The best of it is that which is brought from Alexandria in Egypt. It purgeth Choler, Flegm, and Melancholy; it cleanfeth the Heart, Liver, and Brain, also the Spleen and Lungs, and all Parts of the Body; it is profitable for all Accidents of them: It openeth the Internals, and delayeth the Injuries of growing old Age, caufing exhilaration, or Joy in the The Leaves decocted Mind. with Camomil, are exceeding good to walh the Head for the fortifying the Brain and Sinews, and Sight and Hearing; as allo, in all such Difeales as proceed from melancholy Humours: likewife for Ulcers, or Palfie, Headach, and Falling evil. It fortifieth the Heart, especially

when mixed with some Violets and Cloves concocted in Whitewine; and being mixed with insusion of Roses, or laxative Syrup of Roses, it is an excellent Purge for all evit Humours. There is a Syrup made of Sena.

Dentes to Refresh: To enliven the Senses, and restore the Memory, Take a handful of Baum, bruise it and steep it in Whitewine in an earthen Vessel well glazed, and covered; then put it into an Alembick, and of the distilled Water take every Morning fasting a spoonful, and fast an Hour after it.

Take the dried fluff that divides the Lobes of the Kernels of Wallauts, bear them to a Powder, and take about a dram at a time in a draught of Whitewine or Posset-drink, or in any other convenient

Liquor.

Shoulder of Mutton, mith Differs: Take a Shoulder of Mutton, roast it with Oisters; stuffed in the most convenient Places of it; then make Sauce with some Gravy, Claret-Wine, Pepper, grated Nutmeg, sliced Lemon, and Broom-buds, giving it a warm or two: then dish the Mutton, the Oisters being taken out; put the Sauce to it, and they in it, and garnish with sliced Lemon, and Barberries.

Sickness= falling : Take half a dram of the best Amber, beat it into fine Powder, and take it once a Day, when the Stomach is most empty, in a quarter of a pint of Whitewine.

Sinht-Wenk': Take Eyebright, fweet Fennel-feeds, and fine Sugar, of each an ounce : reduce them to Powder, and mix thele together. and take the Composition from a dram to two or more,

as occasion requires.

Sinelps Burt : If thefe are any ways bruifed, pained, or fwelled, Take Lavender, the Stalk, Leaves, and Flower, cut them small, put them into Whitewine, and diffil them. through an Alembick, washing the Parts grieved with the faid Water; and drink about two ounces of it Morning and Evening, and wash the Forehead and Temples with it, in case of any Pains there, by reason of any Afflictions of the Brain, from which the Sinews and Nerves originally proceed.

Stin Infected : Take the Roots of Vines, boil them in Water with the Seeds of Verches, commonly called Tares, and Fenugreek, of each a handfull; and therewith wash the Places where ill Humours are apt to fettle.

Dain to beep open : If an Issue in the Skin is not eafily kept open, but too apt

to dry up , Take Lapis Infernatis an ounce, Crown Soap an ounce and half, Chalf-finely powdered fix drams; mix them altogether carefully, and keep them close ftopt, and when you ale them, mix them well together, and lav over it Plaisterwise.

Sieep to Procure : Take Water-Lillies half a handfull, Opium one dram, fleep thefe, the Lillies being bruiled, in three pints of Malmfey, twenty four hours, then put in an ounce of Salt finely bearing Poppy-feed a dram, Letticefeed three drams, distill them

in Balneo Maria.

The Dole is from half a dram to, a dram, when the Party is going to Bed. There is likewife an Ointment to cause Sleep, viz. Take about half an ounce of Oil of Vi-Henbane-feed, and olets , Mandragora-roots, of each: half a dram, Saffron and Gaffia-wood, of each a Scruple, Oil of Olives fix ounces, Oil of Mallows, as much; bruile and mixthese till they may be reduced to an Ointment, over, a gentle Fire, by prefling out the unctuous Matter, and with it anoint the Breafts, Forehead, and Temples when you would go to rest.

Smack Elixir: Take the distilled Oils of Cinamon . Cloves, and Wormwood, Citron and Orange-Peel, of each fix drops, refined Sugar, finey beaten, Spirit of Wine rectified, and Mint and Orangeflower-water, of each fix ounces: mix them well, and make an Elixir.

This Elixir is exceeding good in all cold Infirmities of the Stomach, as also to fortifie the Nobler Parts. The Dose is from two drams to half an ounce, in Wine, Ale,

or the like

thereof: To prevent these, Make a Liniment of Rose-water sour ounces, Hogs-lard two ounces, Oil of Rosemary half an ounce, Tuttia one dram: These being made into a Liniment, anoint the Face, Hands, and Neck, just as the Disease is in its declining, and the Scabs begin to dry.

Sozes: Take a folution of Sublimate, and having made with Quick-lime a strong Lime-water that will bear an Egg, drop it gradually on the Sublimate, till it will precipitate no more redilli stuff at all: and when you perceive the Liquors act no longer vifibly upon one another, pour the Mixture into a filter of Cap-paper, which retaining the Orange colour precipitased, will transmit an indifferently clear Liquor, which must be kept close stopped in a glass Viol, viz. to wash the Part grieved.

This is exceeding good in old Sores, Ulcers, Breaking

y beaten, Spirit of Wine out, and other suchilike Di-

Dozes of the Mouth to.

Deal: Take the Leaves of
Marshmallows, and boil them
in Wine, wherein Honey has
been dissolved, add some Rochalom in powder, then press
out the liquid part very hard,
so suffer it to stand and cool:
and with this Decoction wash
and gargle your Mouth and
Throat, if it be fore.

Doze Role : This often happens through the Effects of the French Disease, not perfectly cured, and many times in the Mouth, as well as the Nofe. For Remedy then, Take the Juice of com. mon Hounds-tongue, and that of Plantane, of each three ounces t boil these Juices to a thickness over a gentle Fire. adding to them Oxymel Scilliticum, and anoint the fore Part often; or dipping a linnen Rag in it, thrust it up the Nostril, if the grief be mostly there.

Sozes Die: Take Aristolochia Longa, Aloes Epatica,
of each an ounce: make them
into a Powder, and with Honey of Roses work it into a
Past; and having cleansed the
Sore with Oil of Tartar, or
the Decoction of Myrrh;
spread some of the Past on
a Leather, or pliant Cloath,
and lay it to the Place grieved; and in twice or thrice
renewing is, you will find

wonderful .

wonderful fucces in the Cure.

Milfoil and Sanicola, of each half a handful; boil them in Water, and strain the liquid part through a linnen Cloth, and with the Decoction, mix the Meal of Fenugreek, the Fat of a Goat, and as much Olive-oil as will thicken them, and make them into an Ointment over a gentle Fire; with which often anoint the Sores, and it will lied them.

Doze Chront : Take a piece of greatie linnen Cloth, to much as being double may make a Bag in the form of a Stay to reach from one fide of the Throat to the other. and contain as much Matter as may make it of the thickness of an inch, or more : then filling it with common Salt, heat it thoroughly and apply it to the Part affected as warm as may be well endured; and when it grows cold, apply another like itwell heated, and so continue to do forty eight Hours, if the Remedy be follong need+ ed. This makes the Kernels fallen down, retire to their proper places, and abates Swellings.

meant of those that are deaf from their Infancy, and so consequently dumb; but of such as through accident or hoarsness are deprived of their

Speech. To remedy Take Ireos half an ounce, Pennyroyal, Hylop, and Licorice, of each three drams: Gum-Tragacanth, and bitter Almonds, Kernels of Pines, Cinnamon and Pepper, of each one dram and a half: Figs. Dates, and Currans, of each two ounces; red Styrax three scruples and a half; cut the Fruits small, and powder the rest, and to every ounce add three ounces of Sugar, and make it into an Electuary with Honey, or Syrup of Hystop, and take in the Morning fasting, and at Night going to Bed a quarter of an ounce, washing it down with warm Ale: and fo do for five or fix Days and Nights, and the Cure will be effected.

Pimples, the are not angry or fiery, Take the Blood of a Hare warm, if you can get it, and the Oil of Cinnamon, and anoint the Face with it.

Specifich-Durge: Take raw Antimony, and Sal Amoniack powdered and mixed together, of each fix ounces: fublime the combustible red Blowers, according to Art, and of them take four ounces; of the best Nitre take eight ounces: let them fulminate in subliming Pots, and gather the Flower without wasting any of it; dulcifie the Flower with hot Water till there be no more saltness.

remaining

remaining: upon this Powder dried over a very gentle Fire, pour rectified Spirit of Wine four Fingers breadth above the Matter, put them all into an Alembick with a Receiver luted to it; then diffil them at first with a gentle Fire, increase it by degrees that the substance may come to a driness: expose the Powder, being perfectly dried, to the Fire for the space of an Hour, and keep it for use in a close Box, or Gally-pot.

This remarkable Preparation of Antimony is sudorifick, powerfully provoking Sweat, opens the Belly gently, being taken at a distance from Meals, from twenty to thirty grains in some Conserve, in a Bolus, or dissolved in some agreeable Cordial-water.

Speedwel: The Male fort of this Herb is of excellent Virtue for opening Ob-Aructions of the Lungs, for the Colick and Spleen, and is an Antidote against the Plague, and is helpful in Wounds, curing the Itch. We have it from good Hands, That a large Dose of the Decoction of this Herb, taken for fome time, expelled a Stone from the Kidney of a Woman that had been tormented with it for fifteen or fixteen Years. Also a Woman that was accounted Barren feven Years, conceived upon taking the Powder of it

in the distilled Water for a confiderable time. The Syrup is of great use in the Difeafe of the Lungs; and a Person who had a very dangerous Ulcer in his Leg, found Ease, aud in a short time a Remedy, by washing in the Water of it, and applying wet Rags dipt in the faid Water, by taking away the Inflammation, and all the Symptoms that accompanied ic. One who had a Fiftula in the Breast, and in vain had used divers Medicaments, it's faid. was cured with this Water. by inwardly taking it. Rags dipped in it, and applied hor. do make Scabs fall away in Children, and then wash them over with Water of Fumitory and Whey. But for all these Experiments, the Reader may try them as occasion offers, and be more amply fatisfied. The Virtues of this Herb are many.

Take Elder and Juniper-berines, and bruife them; the Seed of Scurvigrafs, Carduus-Benedictus, and Garden elfes, of each two pound put them all into a convenient Veffel; and having mixed with them a pint of Ale-Yeaft, fet them to ferment in a Stove, or hot Place; and when that is over, diffil them, and pre-

ferve the Spirit.

Spirit Epileptick: Take the Flowers of Lily of the U 2 Valley,

Valley, Lavender, Sage, Tillet, Primrofes, and Rosemary, of each two handfuls ; gather the Flowers in their feafon, and macerate them altogether in fix pints of the Spirit of Wine rectified; then add to them Mifleto of the Oak, Roots of Valerian, and Male-Peony, of each four ounces. being bruifed and macerated eight Days in a pint of Malmfey, Cinamon, Cloves, Mace. and Nurmees; of each half an ounce; mix them altogether, and diffil them in a glass Cucurbit covered with its Head in a Sand-bath, and preferve the Spirit as a very excellent one.

It is very proper for the ease and cure of Epileptick Diseases. It is to be given from two drams to half an ounce, alone or mixed with cephalick Liquors. It may be also put up the Nostrils, applied to the Temples, and orther Parts, for easing Pains, and preventing the arising of Vapours to the Brain, which occasion Fits and Disorders.

spirit of Salt! Take the finest white Salt, and dry it over a Fire, or else in the Sun, so powder it finely to the quantity of two pound weight; mix it well with fix pound of Potters-earth finely powdered, make them up into a Mass very hard with Rainwater, as much as will conveniently do it, form this Mass,

by dividing into Balls, in the bigness of a Hazle-nut, and let them dry in the Sun a confiderable time; and when they are dried, put them into a large earthen Pot, or a Glass that may be luted, a third part of it being left. empty, place the Retort in a reverberatory Furnace, and fit to it a large Receiver, lu-t ting the joints, and give a moderate heat to warm it. and fo make an infipid Water drop forth; and when: white Clouds succeed those drops, pour out that which is in the Receiver : and having re-fitted . hute the Joines close, and by degrees encrease the Fire to the last degree of all; and fo in this condition continue it twelve or fifteen Hours, when all that time the Receiver will be hot, and full of white Clouds: but when it grows cold, and they difappear, then unlute the Junctures, for the operation is at an end; and then you will have the Spirit of Salt in the Receiver. So pour it into a glass or earthen Bottle, and stop it with Wax.

This fingular Spirit has an aperitive quality, and therefore is used in Juleps to an agreeable Acidity for such as are subject to the Stone, or Gravel; 'tis also used to cleanse and whiten the Teeth, also to fasten loose Teeth, being tempered with a little Water, and

to confume the rottenness of the Stumps.

Spirit of Salt, Dulcifp'd and Smeet : Mix equal Parts of Spirit of Salt, and Spirit of Wine, fet them two or three Days in Digestion in a double Vessel in a gentle Sand-Bath.

This is taken more fafely inwardly than the former, because it is less Corrosive: It may be given from four to twelve drops in some proper

Liquid.

Spirit of Scurbigtals : Take the Bark of Ash Tree, Roots of Fraxinel, Tamarisk, and Capers, each one ounce and half; Polypody of the Oak two ounces, wild Radish three ounces, Scurvigrass-Leaves four handfuls, Watercresses, Brook-lime, Sorrel, and Spleen - wort, of each three handfuls; Bay-berries, and Juniper-berries, of each fix drams; the Tops of the leffer Centaury a handful; Seeds of Citron, Mustard, Carduus-Benedictus, of each halfan ounce; Cloves, Ginger, Cinnamon, and Nutmeg, of each three drams: these being cut and bruised, digest them in a warm Sand-Bath, in a gallon of Whitewine, and three pints of good Brandy for three Days: then distil them in Sand by an Alembick.

Of this twenty drops is a fufficient Dose for the Scur-

stempers attending it, as Pains, Prickings, Shortness of Breath, Foulness of the Lungs, Yellowness of the Teeth, decaying of the Gums, and the like. This is called the Golden Spirit of Scurwigrass, easing the Pains of the Belly in Children, and killing Worms. But for the latter, ten or twelve drops

may ferve.

Spirit Aterine : Take the Roots of round and long Bithwort, Piony; and the leffer Valerian, of each two ounces : Caftor one ounce ; dry Tops of Wormwood, Mugwort, Tansie, Fetherfew, Elder, and Camomil-flowers, of each a handful: fhred and bruife all together. Let them macerate three Days in two quarts of the rectified Spirit of Wine: then distil them according to Art, and keep the Spirit for your use.

This is excellent, and most effectual to suppress the Vapours that arise from the Matrix, and to open Obstru-Ctions. It is to be given from . one to two or three drams at a time in Hysterick Waters, or Decoctions: It may likewife be put up the Nostrils, or applied to the Temples, or Navel, with good Success.

Spirit of Wline to Diffil: Take the Wine and Lees of what fort you think convenient, put it into an Alembick, draw it off, and rectifie yy, and all the other Di- it into what heighth you please.

It is excellent, taken in cold Distempers, or to mix with any Cordial Water, to temper them with heat, according to the degrees the Distempers require, for which they are to be taken. The Joints afflicted with cold Pains, being bathed with it, ease them: It's good in the Gout and Sciatica, the afflicted Parts bathed with it, and is used for Lacca to change Silver to a gold colour, as also in Varnish, and in making up fundry Medicins. Baum, Rue, and the Leaves of Walnuts being beaten and made up into a Conferve with it refift the Plague and pestilential Fe-

Spirit of cline, another: This Spirit, when made the best way, is drawn from Brandy chiefly, and not of that which is usually called Wine. Four gallons then of the best Brandy must be mixed with four quarts of ordinary Salt. and put into an Alembick, or Bay-falt dried and finely powdered. Lute the Head: and do it over a gentle Fire. left being too long a drawing it off, it wast and confume too much; that which is the highest or rectified part being fired, will burn all away but the fecond Spirit will not do fo.

This makes curious Tin-Aures in chymical Operations, fions outwardly applied, it discusses Tumours, and cures Burns, if taken in time: It also eases the Pains of the Gout, and cold Pains in the

Toints.

Spitting Blood : Take Ash-leaves, and the Seeds of Nettles: boil them, when well truised, in Whitewine: put to the Decoction a little Sanguis Draconis, Spodium, and Bole-armoniack: then these being infused, strain it again, and drink half a quarter of a pint mixed with half an ounce of the Syrup of red Rofes.

Spots, or Stains : If in Silk, caused by Greafe, Take the Bone of a Sheep's-foor, burn it to powder, and beat a red-hot Tobbaccopipe into Powder also: then sift these. and mingle them together Take of this Powder, and lay on the Spot; then lay on it the back of a Spoon that has a red-hot Coal in the hollow of it; and then the heat, if the Greafe be little, will cause the Powder to fuck it out.

Spots of Bitch and Rofin are taken out by applying Oil of Turpentine, rubbing it in, and ferting it lye, and it will crumble away : fo likewife Tar will rub out like

a speck of Dirt.

Spots in the Skin to take amay : Take Water of Talk, and Lemon-juice; inand being upon other occa- fuse in them the Roots of MandraMandragora, and let them fland five Days in the Sun, or fome warm place, and then flrain out the liquid part, and with it barh the Spots: and in often so doing they will disappear. Or, for want of these, wash them with the Water of Radishes, drawn by an Alembick, and anoint the Skin with the Meal of Orobo mixed with Honey.

Spots in Stuff, or Moolen: Take Fullers-earth two ounces, Castile-soap an ounce, the fine siftings of coarse Bran half an ounce: mix these with fair Water, make them up into a kind of Paste, and lay then some of it on the Spot; and being then a little moist, let it dry on before a

gentle Fire.

Stains that come not by Grease are taken out by boiling Lemon-peel in Small-beer, with a little Copperas, till it be very strong of them: then with a hard Brush rub up the place with it, and take it out again after a while with fair Water, wherein a little Castile-soap has been dissolved.

Stanching Blood: Take round Mushrooms, or Pustballs, in Autumn, when they are full ripe; break them warily, and save carefully the Powder that will fly cut, and the rest that remains in their Cavities, and strew this Powder all over the Part affected, binding it on with a Liniment,

and the Bleeding will be im mediately flayed.

Stephens's-Mater : See Doctor Stephens's-Mater.

Dtiffnels of the Dinems to fupple: Take twelve Frogs. Hogs lard one pound, Oil of Bays two pound, and Bayberries dried and reduced to Powder two ounces: boil together fufficiently, then press them through a linnen Cloath, add then white Incense in powder one ounce. and make the Liquid into an Ointment over a gentle Fire, with which anoint the Parts often, and it will comfort the Sinews, and restore them to a limberness, and make them very supple; and always after anointing, wash it with the following Decoction, viz.

Take the Roots and Leaves of Agrimony, with the Roots of Mallows, boil them in Water till they be tender, frain out the liquid part, and bath with it.

Stingings of Infects; If you are stung with Wasps, Hornets, Bees, or the like, Take Juniper-berries when ripe, and bruise them, then distil them through an Alembick; and not only wash the place stung, but drink about a quarter of a pint of it with an ounce of the Juice of Rue.

Stiptick affater, the New Way: Take Colcothar, or red Vitriol, which remains in the Retort after the Spirit is drawn out, Sugar-candy, and Burnt-alom, of each half a dram; the Urin of a young Lad, and Rose-water, of each half an ounce; Plantain-water two ounces: mix them well together for a confiderable time, then pour the Mixture into a Viol, 'and when you separate it, do it by inclination for use.

This is so excellent for stopping Bleeding, that a Bolster dipped in it, and applied to an open Artery, and held there a while, it has flay'd the bleeding of it. A Pledget thrust up the Nostrils do's the like for the bleeding there. Taken inwardly, it cures the Spitting of Blood, and Bloodyflux, &c. The Dole, taken inwardly, is from half a dram to a dram, and it may be given in the Water of Knotgrafs, Nettles, or Wood-forrel. This Water is excellent for any one to carry about them, and may upon any Accident happening fave a Life, that the Effusion of Blood. if not speedily stopped, may carry away with it.

Stomach Bot: When you find any great Heat or Burning in your Stomach, Take green Housleek, bruise it and press out the Juice; then over a gentle Fire make it into a Syrup with white Sugar.

This is likewife excellent

taken at a time for the Heart burn.

Stomach Bain'd : If the Stomach be afflicted with Pains occasioned by windiness, or Causes proceeding from the defect of the Milt. Take an ounce of Cinnamon. Rapontici and Galangal, as much; put to them, when bruifed, half a pound of Sugar, and lay it, when boiled up to a heighth, on Plates, make them into Lozenges: Take one at a time, and drink a glass of Wine after it, and it will work gently; fo that in often taking, your Thirst will be much at bared.

Stomachical Cineture: Take Agrimony two drams, fmall Centaury-tops one dram, Coriander-feeds bruifed one fcruple, Saffafras, Shavings and Bark, one dram; Gentian-root half a dram, Zedoary-root ten grains: put these to three quarters of a pint of boiling Spring-water, cover it, and let them steep twelve Hours: then strain it, and Bottle it up.

It exceedingly fortifies and refreshes the Stomach, eases it of Pains and Gripings, and prevents the Iliac-Passion.

Stone, the Caufe and Cute: The Stone is ingendred of vicious and flimy Flegm in the Reins and Bladder, where by heat it petrifies and takes to it felf the hardness

hardness and nature of a Stone.

To diffolve and bring away this. Take of the Tops of Borrage, Fenel, Parfly, Endive and Succory, Spearage and Beets, of each a little handful; shred them and boil them in three quarts of Rhenish-wine. drink a quarter of a pint of it Morning and Evening; and once a Week, take a Clyfter made of Mallows, Groundfil, Southernwood, and Fetherfew boiled in fair-Water. and mixed with two ounces of brown Sugar, especially if the Affliction be in the Reins.

Stone, or Gabel: Take thirty or forty Drops of Spirit of Castor in a Glass of Rhenish Wine every Morn-

ing fasting.

Stone and Grabel : Take four gallons of running Water, four pound of fine Sugar in powder, Eringo-roots, and Railins of the Sun floned. of each one pound; a branch of fresh Rosemary: boil all these together till half be confumed; then work it up with a little Yeast, tun it, and put the Peel of a fresh Lemon into it: when it hath done working, you may Bottle it if you please. Of this drink Morning and Evening, and whenfoever you are adry.

Stone and France, anomay boil a handful of it in ther: Take the White of a Whitewine Posser-drink, and new-lay'd Egg, and beat it drink it instead of the dried

well with a Spoon in a Porringer for a quarter of an hour; then let it fettle, and take off the Scum: mix the Clear with two fpoonfuls of Whitewine, and four spoonfuls of red Rose-water, and put to it one ounce of Sugarcandy in Powder: mix all well together, and take it in the Moraing fasting, and another at Night going to Bed. Continue this seven Days.

Etone and Gravel, another: Take of the Juice of Leeks, Onions and Radishes, of each two pound; Juices of Lemons, Pellitory, and Mouse-ear, of each half a pound; Calx of Crystal, and Pidgeon's-dung, of each half a pound: digest it for ten Days, then distil it. You may give it from one dram to half an ounce at a time in

Rhenish Wine.

Stone and Gabel, another: Gather the Leaves of Golden-Rod when it is in its greatest Vigour, dry them in the shade; and when you are troubled with the Stone or Gravel, take one ounce thereof (made into subtil Powder) in a small Glass of Whitewine and Milk, of each a like quantity; repeat this as often as there is cause for it. When the Herb is green, you may boil a handful of it in Whitewine Posset-drink, and drink it instead of the dried

Herb.

Herb, which is to keep all the

Forbear eating of Eggs, all falt and tart Meats and Sauces, Pork, Milk, or any thing made of Milk, except Possets, Cabbage, Colworts, Collissowers, and such-like: let your Diet be Mutton, Veal, Rabbit and Fowl, and the quantity moderate; let your Drink be of the midling fort, and not too stale. Forbear drinking Claret, drink Spamish Wine rather than French.

Sprain: The Strain or Sprain being newly contracted, Take a handful of Wormwood and bruife it well in a frone Mortar, then put to it the Whites of two Eggs beaten; make a Poultis of it, and lay it to the grieved

place.

Strangury: This is caufed either from the Urin's being over sharp, which provokes the expulsive Faculties to expel it before any quantity be gathered together, or that the retentive Faculty to the Bladder is weakned through fome distemperature, especially of Cold, or elfe through fome Ulcer, or Inflammation of the Bladder, to which the Urin coming, doth extimulate the expulsive Faculty; or laftly, when the Womb, or Bowels being inflamed do trouble or diftend the Bladder. To remedy this,

Take Cassia one dram, Manna two grains, Violets, Sorrel, and Purssain, of each a pugil; Licorice, Prunes, and the Leaves of Mallows, of each two ounces: bruile and boil these in two quarts of Whey till a fourth part be confumed; strain out the liquid part, and fweeten it with Honey, and drink a quarter of a pint as hot as may be fasting, and an hour after take a quarter of an ounce of the Oil of Violets, and half an ounce of the Oil of fweet Almonds mixed together.

Strattness of the Breaks: This is frequently occasioned by evil Humours setling in the Breaks. To remedy which,

Take Taxus-Barbatus, Fennel, and Licorice, of each a little handful: boil them in Water and Wine a like quantity; and when they become tender, ftrain the liquid part through a Linnen-cloath; fweeten it with Sugar, and take about a quarter of a pint of it pretty hot in a Morning fasting.

This likewise removes Hoarfness, or Defects occasioned by Cold, or tough Flegm.

Strengthning the Botoels: Take Cloves, or Chives (not Bulbs) of Garlick and fwallow at convenient times one or two of them without chewing.

Stump-Bye to Seafon : TakeVeal or Mutton, mince it

raw,

raw, and make it up into Balls about the bigness of large Walnuts; then put half an ounce of Pepper, half an ounce of Nutmegs, and half an ounce of Cloves and Mace; Marjoram, Thyme, and Savory cut fmall, then add a pound of Currans: mix thefe well together, and put them to two pound of the Meat ; then work them up into Balls of the aforesaid bigness with fix Eggs, and at the clofing up put a pound of Butter dispersed among them in little Balls as big as Marbles. Then make a Caudle with a quarter of a pint of Whitewine, half a quartern of Verjuice, the Yolks of three Eggs, and a little whole Mace: then putting in about a quarter of a pound of Butter when they are well beaten up and thickned over a gentle Fire, put it into the Pye; and so closing the Lid, bake it in an indifferently well heated Oven.

Burfeit = Water : Take what quantity of Brandy you please, and steep a proportionable quantity of red Poppy-flowers in it, the black Bottoms being taken off; and when the colour is extracted, press them out, and put in fresh, and so do till the Brandy is of a deep Tincture; then flice in Nutmeg, Ginger and Cinnamon, of each two drams, to a quart of the Brandy, and add an ounce of fine Sugar likewise to every quart. Then keep it close stopt, and it is excellent good for Surfeits, Wind, or Illness of the Stomach.

Dweat to Dioboke : Take the Herb or Plant called Rape. the Roots of Plantain the Leffer, and Knot-grafs, of each a handful; bruife them well. and boil them in Vinegar. strain out the liquid part, and take about a quarter of a pint of it going to Bed, and keep your felt warm, and it will purge out the ill Humours by a gentle breathing Sweat.

Smelling to Break: Take of falt Butter half an ounce. Leaven one ounce, Mustard-feed two drams, Garlick one dram, Oil of Camomil three quarters of an ounce: bruife and mix thefe together, and apply them hor Poultifwife, fpread on Colwort-leaf, suffering it to lye on four or five Hours; and then if the Matter be foft. and the Skin not broke, open it gently with a Lancet, or potential Cautery of Cantharides; and being opened, for its speedier Cure use this De. coction.

Take round Ariffolochia, Agrimony, Self-heal, Parflyroots, and Gentian, of each an ounce; boil them in half a pint of Wine, and as much Water; and tenting it with proper Unquents, lay on this confolidating Plaister.

Take.

Take the dried Leaves of round Aristolochia one ounce. Frankincense, Mastick, and Myrrh, of each two drams: Aloes-fuccotrine one dram. Litherge four scruples, red Lead two scruples, Meal of Lupins one dram: make these into a very fine Powder : then dissolve Deers-suet one ounce. Oil of St. John's - wort fix drams, washed Turpentine half an ounce, Bees - wax three ounces; and being well incorporated over a gentle Fire, put in the Powder, and make all into a Plaifler.

This is admirable in any Tumours, or Swellings, and more-particularly in Plague-Sores.

Simelling when the Gout ceases: To Remedy this, Take the Ashes of burnt Oister-shells, or rather the Powder of them, when they are calcined, the Ashes of Spongel and Dodder, of each an ounce: boil them in a pint of sharp Vinegar, and a quarter of a pint of Water; and with the Decoction bath the liquid part as hot as may be endured.

strelling of the Liber, or Milt: Take the Leaves and Berries of Ivy, infuse them when bruised ten days in Whitewine; then boil it till the Wine is nearly confumed, strain out, by hard pressing, what liquid part remains, and put to it a like quantity of Olive-oil, and half the quantity of Beeswax, and therewith being warm'd over a gentle Fire, anoint the Place nearest to the Internals, so grieved, as hor as it may be endured; and in so often doing, you will find great Advantage there-

by. Smelling of the Matrix: This is frequently caused by Ventofities, or Windiness after the Birth of Children. To Remedy it, Take Mustard-feed, or Rape-feed, and boil them in Water, make a Fomentation, and inject it: but if it happen through inflammation, or evil purgation, attended with an Ague, let the Party take a dram of the Powder of Peony-roots in warm Broth, fasting, in which has been boiled the Flowers of Chamomil.

Smallow-Water : Take twelve Swallows out of the Nest, cast them whole into a glass Alembick, add thereto the Shavings of a Man's Skull three ounces, Castor one ounce and a half, Powder of Misseto one ounce; Juice of the Roots and Leaves of Male-Peony fix ounces, Water of the Flowers of Tillet, Lavender, and Lily of the Valley, of each a pint and a half; Vinegar of Squills half a pint: macerate them over a gentle Fire the space of forty

hours:

hours; then diffil them in a moderate Sand-bath, and keep the Water for ufe.

It is an excellent corrected Anti-Epideptick-Water, and has particular Virtues against that Distemper. It is given about a spoonful in the Fit, and may be continued every Day, as occasion requires, after the use of general Remedies.

Simelling of the Pard:
Take the Juice of the Herb called Cauda Equina, mix it with the Juice of Endive, and take four spoonfuls Morning and Evening; or, Take the Water of the Herb distilled through an Alembick to the like quantity, anointing the grieved Part with a Mixture of the Oils of Mallows, Rofes, and Earth-worms.

Sprup of Citron - Juice: Take three pints of Gitron-Juice extreamly purify'd, pur it into a glass or glazed earthen Veilel; then diffolve therein fix pound of fine Sugar, ffir it till the Sugar be wholly incorporated with the Juice: continue stirring, as well when it is off, as when upon the Fire, and observe that you make use of no Vest fels for the preparation of this, or any other Syrup of acid Juices, but such as are made of glass, or glazed Earth; for if they be of Metal, the Acids will take their Tingure and spoil.

This is a great cooler, and therefore given in Fevers and hot Diseases; also to cut Flegm, and gargarize fore Mouths.

Dyrup of Coral : Take four ounces of red Coral well chosen, beat it into Powder on a porphyry Stone: moifen it with Rose-water, and being dry, put it into a glass Cucurbit, and pour on it three pints of the Juice of Barberries well clarified; put the Cucurbit in a Bath of Ashes moderately hot forty hours. ftirring the Ingredients from time to time with a wooden Sparula; then filter the Liquor through a brownPaper; weigh it, and return it into a glass Cucurbit set in Balneo Marie: diffolve in it the double weight of Sugar, and it is excellent in pestilential Distempents of

sprup of Ciber: Take ripe Elder-berries, bruise them well, press out the Juice, and put to a gallon a pint of Canary, or Muscadel, boil it to the consumption of almost one half, keeping it well scummed; and when 'tis bot off the Fire, put in the Sugar, and stir it about: then set it on again till it thickens to a Syrup.

This cleanles the Stomach and Spleen, takes away the Obstructions of the Liver, by taking a spoonful fasting,

often.

Dorup Spileptick : Take Milleto of the Oak, Roots of Peony, the Shavings of a dead Man's Skull that dv'd a violent Death, of each half an ounce; Flowers of Lily of the Valley, Rolemary, Lavender, Sage, and Marigolds, of each a little handful; bruife the Milleto and Roots, and put them together with the Shavings of the Skull and Flowers, into a Marras, and pour on them one pint of rectified Spirit of Wine; and having well closed the Veffel, let them macerate a Week together over a moderate Hear; then with a gentle heat draw off half the Spirit of Wine, and preferve it a-part. The remainder being pressed, reduced, and filtered, bring it into the confidence of a Syrup with eight ounces of the finest Sugar; then aromatize it with two drops of distilled Cinnamon.

This Syrup is very highly commended for the Prevention and Cure of the Epilepsie. It is to be taken alone, and falting, from half an ounce to an ounce: You may re-inforce the Dose with a dram of the Spirit drawn off, and mix the Syrup with cephalick Waters, or Decoctions.

Sprup of Bhubarb : Take of the best Rhubarb and the Leaves of Senna, of each two ounces and a half: a handful of Violet-flowers. Cinnamon one dram and a half, Ginger half a dram, the Water of Bettony, Buglofs, and Succory, of each a pint and a half: let these infuse over warm Ashes, or Embers. a Night, the liquid part being well preffed out through a close Strainer; and then boil it up with Sugar to a Syrup, adding to it four ounces of the folutive Syrup of Rofes.

This is a very curious and gentle Purge, and may be fafely given to Children and weak Feople upon any urgent occasion, they being kept from taking Gold upon its reception. The Dose is from one ounce to an ounce and a half. It expels evil Humours, fortifies the Stomach, and causes a good Digestion, kills Worms in Children, and causes gentle breathing Sweats.

Drup for Bhomms e Take Syrup of Jubebs, Syrup of Corn Poppy-flowers, and dried Roses, of each an bunce: mix these together, and take half a spoonful at a time.

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Sopber to Make and Die Def : Take your Apples, as you fancy the Syder most convenient to your Palate, wiz. either Red-streaks, Pearmains, Pippins, Golden-Pippins, &c. when they are indifferent ripe, fo that upon shaking they will fall with tolerable Ease: bruife or grind your Apples very fmall; and then putting them into a Hair-Bag, fqueeze out the Tuice in a Prefs by degrees, and not over-haftily: out up the Liquid part into a Cask feafoned by burning a Rag in it, at the endoof a Stick, dipped in Brimstone, when the Smoak is evaporaci red and the Veffel washed with a dittle warm Liquor that has run through the fee cond flraming, or Husks of the Apples and to make in work kindly put in a little Flower and Honey made up in a Pair, and enclosed in a thin Rag a for let it fland art a moderate warm place fix of feven Days; and then draw it off from the Lees or Sect tlings sinto, another Cask ofo ordered in one Bottle it up af your differetion. But in Bote tling take care to leave oah inch fpace from the Cork: lest it working or fermenting again, it either force out the Cork, who break the Bottles Or if Tuch Danger appear by the finging of the Air thro the porous Part of the Cork,

them vent, or have a Ouil run through the Cork, which you may flop and open at pleasure with less danger, and difficulty. And fo of the Cask, in Winter keep it in a warm place for fear of chilling or freezing and in Summer in a cold Place, left it ferment; and that tainting it, it grow musty or thick. You may likewise preserve it from these latter, by putting a little lump of Loaf-Sugar for it to feed on.

Dieder of Codling : This is usually made for present spending; for it will not keep longer than Autumn, though in is of an excellent Taft, and very pleasant, and fparkling to the Eyel; said fo called Summer-Syder To do this Take your Codlins when they begin to be ripe ,frand lay them in Hay or Siaw three Days, afrew they name gathered, to fweat a Alibele; their cut them in quarters, and take out the Goar and Kernels, and abruife them as the former; fqueeze out the Liquid part, and den in run into a Veffet bendavh the Prefs. through a very fine Hair of Tiffany-Siekes that may from the Fragments that will come away with it in Being drawn off, warm at over a gentle Fire, but fuffer it not to boil feum off the part that bubbles up, and sprinkle into it you may open them and give | some fine powdered white

Sugar-

Sugar-candy; then put it up into a Cask and with a litthe of ic, heat about half a pint of Ale Yeaft, and pour it in very warm, and fo let it work for Twenty four Hours. then draw it off into another Cask, or Bottles, and leave cities of them open ten er twelve Hours in a cool place till it is fit to ftop up close : and fo ordering it, it will be fit to drink in eight or ren Days, and have a curious cooling tart flavour with it.

D poer ainefier way : Take fuch Apples as are fustable to your Palate, pure them, and cutting out the Core and Kernels, flice them, and boil them in a fufficient quantity of Water till a third part be confumed. A Peck of fliced Apples to a Barre) of Water. when first put in, before the Then firm the Water from the boiled Apples, and pour it on three Pecks of bruifed Apples that are not boiled ; and fo letting it, after fourteen or fifteen Hours fleeping, run from them; then prefs out what will not on therways come away by the fivelling of the Apples, and part it up for ufe. Let it work fufficiently; then ftop st close, and be careful to mind it, also giving vent, if great plenty of Syder

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there be occasion, lest it force the Cask, or Bottles; and when it is fined, it will be in Colotte and Tast like

Champaign Wine

Spor another Way : Take a peck of Apples and flice them, and boil them in a Barrel of Water, till the third part be wasted; then cool your Water as you do for Wort: when it is cooled you must pour the Water upon three measures of grownd Apples; then drain out the Water at a Top three or four times a day, for three Days together; then prefs out the Liquor and Luft is top : when it hath done working, then stop is up clofe.

Sport tes Spiritt't This may be gained without distilling, and the better way. by fetting a Hogshead of Syder to freeze in Winter, and for the firength of it retiring to the middle, (which will be as bout twelve or fourteen gallone, when the weaker part is over-power'd by the cold) let is out by broaching with a hot Iron. It will prove ftronger then Canary, and much of the Taft.

This Way is frequently ufed in New-England, and 04 ther Places, where they have

too ell the on a romide to

Ablets of Saffron : Take Saffron of Vitriol of Mars half an ounce, Earth-worms washed in Wine, dried and pulverized, one dram, Cinnamon Powder, very fine, half a dram, refined Sugar boiled in Mugwort-water fix ounces: mit them well, and make them into Tablets, called Tablets of Saffron of Mars.

These Tablets are proper to open Obstructions of the Bowels, and particularly those of the Matrix. The Dose is from two drams to half an ounce : they are to be taken fasting in a Morning, and about an Hour after drink two or three spoonfuls of Worm-

wood Wine.

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Caffety = Carts : Take fine Flower a quarter of a peck, the Yelks of twelve Eggs, fweet Butter two pound, Yeast a quarter of a pint, Sugar two ounces; mix thefe well with hot Liquor till they may be made into a stiff Past. rowl it up into small Balls, and then into thin Plates with your Roller: wash round the Brims of them with new Milk; then boil Pippens fost, off the Pulp from the Core; most approved. Tis used for

mix the Pulp with a little Sugar, Rofe-water, the Scrapings, and candied Orangepeel, and a little Marmalade of Ouinces: make them up in the forms of Tarts, bake them in a gentle Oven, after you have dried them first in a warm Place, and ferve them up scraped over with Sugar. and fprinkled with Effence of Violets, or Roses.

Walk-Cater: Take of the best Talk fix pound, slit it in five pieces, put it in a thin Canvas Bag, and let it down into a Well, or any deep damp place, by a Rope, that it may hang about a Yard from the Water, with a Veffel under it, to receive the dropping when it moistens.

Let it hang there ten or twelve Days, then take the Water you find and distil it with as much of the Water of Fumitory in a cold Still.

This is an excellent Beautifier, makes the Skin smooth and plump, giving a rose Blush, and wonderfully preferves a youthful and healthy Complexion in Men and Women.

Tante : The Juice is

the

the Gripes, Stone in the Kidneys, Worms in the Belly, Obstruction of the Courses, and the Dropsie: It resists Putrefaction, and brings away or expels putrified Blood: It is, good for the Scurvy, and purifies the whole Mass of Blood, enlivening the whole Body; but especially for the Dropsie it is taken with good success.

Mante the New Way : Take about twelve or thirteen new-lay'd Eggs to three pints of Cream, yet put in but seven of the Whites of the Eggs, and strain out a pint of the Juice of Spinage, or Endive, and Sorrel, fix or seven spoonfuls of the Juice of Tansie, Nutmeg sliced small, and half a pound of fine Sugar, with a little Rofe. water and a little Salt beat together: then fry it in a clean Pan, that it be not blacked, with Butter. Serve it up with Sugar, Role-water, and Orange-juice.

Take a penny Manchet, grate it very fine, add a handful of fine Flower, and the Yolks of fix Eggs; then grate in two Naples Biskets: make these thin into a Batter with Rosewater and Canary; then add two ounces of the Juice of Garden-Tansie, after it is well clarified and settled, and an ounce of the Juice of Clary, with a little beaten Cinnamon

and Sugar: Fry these in sweet Butter over a gentle Fire, till it becomes somewhat brown, but beware of burning it, for then it is spoiled; then serve it up sprinkled with Rosewater, wherein Saffron has been insused, and scrape over some Loaf-sugar.

Taragon: This is used frequently in Sallads to correct the coldness of other Herbs, and their Crudities. It is good for cold Stomachs, procuring an Appetite, and expelling Wind: It provokes Urin and the Courses, opens Obstructions; and being chewed, evacuates Flegm, and gases the Pains of the Teeth.

Taragon a handful, Ruetops half a handful, Brionyleaves five or fix; bruife them well, and mix them with two ounces of the Oil of Waterlilies.

This is an excellent Poulris, to allay Inflammations in Swellings, ease Pains in the Belly, by being applied to the Navel pretty warm; suddainly draws to a Head, and breaks Plague-fores, or other Swellings caused by internal Corruption.

Car-Mater: Take of the best Sweeds Tar, refined from its dross, or fettling, six pound, put it into a thin earthen Vessel, and set that Vessel in a cold Still; make under it a

gentle

gentle Fire, and when there comes a thorough Hear, a thin Vapour will ascend and distil into your Receiver; or for fear of injuring the bottom of your Still, you may have such an earthen Vessel as will shut close with the head of your Still.

This is an excellent and approved Water for all dry or old Sores, Scurfs, Scabs or Ulcers, being washed or bathed with it. It likewise easies the Pains of the Gout, or any Pains occasioned by coldness in the Joints. A Lint dipt in it, and applied, eases the Pains in the Teeth: the Temples bathed with it eases

Tart of Breen Peale:
Boil the Peale tender, and pour them out into a Cullender, fealon them with Saffron, Sugar, and Salt, add fweet Butter, and then clofe up these Materials in a Past or Cossin: when it is baked, ice it over with Sugar and Rose-water: put in a little Verjuice, and shake it well; and so scraping a little Sugar on the Lid, serve it up.

Take green Sprouts, and give them a scald in hot Water, lay them a draining, and so mince them small, and put them into fine Paste, and garnish them with Herbs, season them with Lard melted, and Beef-marrow, and an Onion fluck with Cloves and Pepper; and some thin slices of interlarded Bacon between the interlayings of the Herbs, and so cover it up with some Paste; and when it is baked, put in some Gravy, and the Juice of Lemon, and serve it up.

Eart of Billaches I Cut the Pillaches, and green Citron, and put it into fine Paft, and feafon it well with Sugar and Cinamon, with the Juice of Lemon, and cover it up; when you lerve it put Orangeflowers to it for garnish, or other candied Flowers.

Cart of Rice: Boil the Rice, when clean dreffed, in Cream, or Milk; and when it is tender, put it into a Diff, and feason it with Nutmeg, Ginger, and Cinnamon, a little Pepper, Salt and Sugar, the Yolks of fix Eggs, and the Juice of Oranges! bake it in a gentle Oven; and being enough, draw it: then scrape Sugar on the Lid of it, and so ferve it up.

Tattar, the Cream folubie: To make this Soluble, Take Cream of Tattar, as much as is convenient, diffolve it in a sufficient quantity of hot Water; then gently drop into it Liquox of Salt of Tattar till the Ebulition cease, evaporate the supershuous Moissure, and the soluble Cream of Tattar will remain; for the quantity of the fixed Salt furmounting the Acidity of the Cream of Tartar, breaks the union of its parts, and infinuating its pores, makes it diffolvible in cold Water, or cold Liquors; whereas, otherways, it could not be diffolved, but in those

that are boiling hot.

- For Soluble Emetick Cream of Tartar take this Rule. Crocus Metallorum, mixed with Salts and Cream of Tartar, of each two ounces; pulverize them very finely, and let them macerate for fifteen Hours in three pints of cold Spring-water : then digeft them as long in a moderate Sand-bath, and at length encrease the Fire, and let them boil gently; filter the Liquor, and evaporate it till a thin Film cover is, then fet it in a cool place to crystalize.

The Parts of the Tartar-Gream being difunited by the fixed Salt remaining in the Saffron of Metals, is easily diffolved in cold Water, and fitted to purge upward and downward, giving it from two to three, four, five, or fix grains, in Broth, or Wine, or some other convenient Li-

quor,

Ceal Boiled: Take the largest fort of Teal, draw them and pick them clean, then take about a dozen stewing Oisters. Thyme, Sage, Winter-favory and Persy clean stript and cut small: make

rhem with a little Butter and Pepper into a Ball fiffined with Flower; and the Fowl being truffed, put this into the Belly, tying the Neck and Vent very close, then put the Fowl into the Water when it begins to boil: being boiled tender, dish them on Sippets, with Gravy, Anchovy fauce, and the Herbs; laying the Oisters, with some Lemon-peel and Parly, about the Dish for garnish.

Tears to Deebent: If Tears or watry Humours are usually standing in the Eyes, hindring the Sight, and being much troubled, Take of Aloes Epatick two drams, infuse them in about half a pint of Whitewine, and Rose-water, of each an equal quantity, and wash the Eyes with the Liquid part Morning and Evening; or else foment them with the

Water of Stechado's

the Roots of it boiled in Wine help to oure Ulcers, and Warts. There is a Water that is received in the hollowness of the Leaves of this Plant, as it grows, after a shower of Rain, which, by long standing there, becomes good for the Instammations of the Eyes, also to take away Spots from the Face, and beautise it. The Herb boiled in Wine purges by Urin.

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a pint of Red or Claretwine, and about two drams of Japan-earth; dissolve it as much as may be; then pour off the Clear, and wash the Mouth with it often : or, Take Sage, and Winter-favory, boil them in Spring-water till the Water is strong of the Herbs; then put into a pint an ounce of Honey, and half an ounce of Alom, boil it a litile till the latter are dissolved : and then it being strained, wash your Mouth with it at convenient times.

Teeth to Beep Sound : Let the Party, if it can be agreeable, frequently rub his Teeth with the Ashes that remain in a Pipe after it is smoaked, washing it afterward with fair Water, Or. Take the Juice of Houlleek, and Scabious, and wash your Mouth with it once or twice a Week in the Morning.

Ceeth to make firm : Take the Ashes of Vinefprigs, and those of the Root of Burdock, put them into Vinegar, let them steep about fix Hours; and then first wash your Mouth with fair Water, and afterward with Vinegat strained clear from the Ashes, and it will fix and preferve the Teeth to a very great Age.

Leeth, by reason of their of Turpentine, with Linfeed,

Teeth to fallen : Take Rottennels, or Humours fertling under them, cast en ill favour, to remedy it, Take four ounces of Cummin-feed, feeth it in a quart of Whitewine with some Tops of Baum and Mint, till a quarter of a pint be confumed : and with this wash your Mouth Morning and Evening.

Tench=Ppe : To order this, and feafon it well, Take about fix Tenches; and having made the Coffin, lay laying of Butter, and some Nutmeg, Cinnamon, and Mace lightly scatter'd over it; then lay in the Tench. put over them fome more Butter and Spice, with a few blue Currans clean washed. and pour in about a quarter of a pint of Claret, then bake it well: when enough, take it out, and put in more Butter at the spout, and serve it up with some fine Sugar duffed over it.

In this manner you may feafon a Carp-pye, but three of them, if any thing large, are fufficient in one Pye:

Cenber Gpes : Take the Water of Plantane, Eyebright, Pimpernel, and the Oil of Roses; beat them up together, and wash or amoing the Eyes with them, and the Sight will be much strengthened.

Conelmus ! Mix Balfam Teeth Offentibe: If your of Sulphur, made with Oil

or some other such-like convenient drying Oil, till the Balsom be thereby so well allayed, that it may be well endured; then let the Parry dip a Finger in it, and use it as a suppository once or twice: a Day.

Terms to Dioboke: Take for three Mornings together, about the expected time of the Menfes, a dram, or a dram and a half of the Galls and Livers of Eels dried and reduced to Powder, in a Glass of Whitewine or Ca-

nary.

Take black Soap a quarter of an ounce; Bole-armoniack two drams, Oil of Turpentine three drams, Bees-wax half an ounce; and Bearsgreafe one ounce: make these up into an Ointment, or thin Plaister, and apply it to the Place, renewing it every Day, and a speedy Cure will ensue. This also breaks the Whitloe, and is excellent against Scales or Burns.

Tetters to Bill: Take of burnt Alom. Ginger, and Flower of Brimstone, of each a like quantity: mix them well, and incorporate them with fresh Butter, so much as when melted will bring them into the consistence of an Unguent; and with it anoint the Part afflicted, as hot as can be well endured, when you are going to Bed, and

let it continue on all Night; and when you rife wash it off with Celandine-water: but upon going to Bed take a little Gascoin-powder in a spoonful or two of Treacle-water to prevent the Humours being driven into the Mass of Blood, which oftentimes happens when this is not on, bathing the Place with Celandine-water.

Thorom-max: The Decoction of this Herb in Wine, or the Leaves powdered, are applied successfully in Ruptures and Contusions. Some hold it is a proper Remedy for the King's-Evil, also Fractures, and an Evisipela's.

There apple: An Ointment made of the Juice of the Leaves, and Hogs lard, is excellent for Burns and Scalds. The Seed is to be avoided, because taken for a time ir occasions Madness.

Chroat Soze: Take Veruice of Grapes an ounce, best Honey half an ounce, crude Alom about a dram and a half; Rock, or Spanish Salt half a dram : make these into a thinness, and with a fine Rag ar the end of a small Stick, or Wyre, thrust it as far as is convenient into your Throat where the Sore is, and bathe the Place grieved with it. Do this often, and between every two times make a gargling with fome Plantage and Role-Water.

Throats .

Thefe are very great, as will

Chome, its Mirtues:

Throat-mort: This Plant, especially the Root, is aftringent and drying, and therefore the Decoction is excellent at the beginning of Ulcers and Inflammations of the Mouth and Tonfils, and for other Diseases that require a-

stringent Remedies.

Chath: This is usually incident among Children, and frequently proves very dangerous: wherefore to Remedy it, Take an Egg, open the top of it, and take out the White and Yolk, and fill the Shell with the Juice of red Sage, and fet it on hot Embers till it simpers; then skim it with a Knife's point whilft any Scum will rife, and take as much Alom beaten as the bigness of a small Hazle-mit. and half a spoonful of Honey, which when the Juice begins to wast, put in to fill it : fo let it boil a little : and having cooled it, rub the Party's Mouth with a little of it, washing it afterward with the Juice of Sage.

Cheme: (here I mean the wild fort) It is hot and dry, and confequently forces the Courses and Urin. It is Cephalick, Uterine, and Stomachick, and therefore good against Spitting of Blood, Gripes, and Convulsions, &c. Outwardly applied, it eases the Pains of the Head, and Giddiness, and disposes to Sleep.

appear to any one that does but observe, That it provoketh Urine : it doth heat, and heing taken in Drink, doth purge the Internals, and expectorates all naufcous and ill Humours of the Lungs by Spitting : four drams of Thyme dried and reduced to Powder, being taken fasting in a glass of Canary, by ofcen repeating, eafes the Pains of the Gout; for it gently purges Choler and other fharp Humours: It is good also for Diseases in the Bladder; and a dram being taken in an ounce of Water and Honey. is good for fuch as have their Bellies begin to fwell, for the Sciatica, and Pains in the Reins, Sides, and Breast; for Inflammations and Stitches. about the fore-part of the Belly; for Melancholy Perfons, and for those that are troubled in Mind and much given to Frights and Fears upon flight occasions, if three drams be taken in an ounce of Honey and Vinegar well tempered together : it is also profitable against the Inflammations of the Eyes, and the vehement Pains thereof, and much revives the Sight. There is an Oil extracted from it of the colour of Gold, which cometh forth with a Water. when the Herb being fresh and green is distilled in a Bath

X 3

of hot Water. This Oil fmells like a Citron, and is very tart in tast : its Virtues are to hear all cold Parts; but by the way note. That for what has been mentioned. Black Thyme must not be choferi; for it corrupteth the Temperature, and engendreth Choler: and therefore it must be that which bears a carnation Flower, or that which beareth a white one.

Tickling: This is caused by defluxions of Rheum, and is often very troublesome. To remove it, Take Oliba-num and Venice-Treacle, of each a like quantity; incorporate them well, and make them up into little Pills, and let the Party take a dram of them; and if need require it. a fcruple or two once or

twice a Day.

Tiffanies faded : To recover these. Take the Water of Vervain a quart, half a pint of the Water that distils from the Vine when it is cut in the Spring, &c. a handful of the Roots of Primrofes. and as many Rofemary-flowers; to these put a quart of new Milk, and boil them together with two ounces of Alom in Powder: ftrain out the Decoction, and steep your Tiffanies in it twenty four Hours; and then washing them out, they will not only look much whiter, and be the more capable of a glois. In this manner you may do by Lace, Muslins, or Lawns, if the fubstance of them be not too much decayed.

Tiffanies to Wath: Take the best crown Soap, and foap them on their Hems, or Laces and with a gentle Hand pass them over three Lathers, and afterwards rince them, keeping them as much as may be likewife from the Air, and dry them over the Flame of Brimstone: then add a quarter of an ounce of Smalt to a pound of Starch; and if it be convenient, add the bigness of a Hazle-nut in Alom, which you may diffolve, boil it to a fineness, and charge it lightly upon your Tiffanies, and dry them being wet by a Fire. still clapping them in your Hands; and when they are clear, shape them by a Pattern you delign them for, iron them with a smooth though quick Iron, till they shine, and you will find little difference as to the gloss between them and new. Some, in-flead of Starch, use Gumwater: but this I leave to your Diferetion.

Windure of Amber : Reduce five or fix ounces of vellow Amber into an impalpable Powder, put it into a Bolt Head, and on it pour Spirit of Wine the heighth of four Fingers, and flop the Head with another to

make

make a double Vessel; and when you have exactly luted the Junctures with a Skin or wetted Bladder, place it in Digeftion in hot Sand, and leave it five or fix Days till the Spirit of Wine is sufficiently tinged with the Amber colour, then decant the Tincture, and put more Spirit of Wine to the Matter, and fo digest it as before; then having separated the Impregnation, mix it with the other, and filter them, and fo put them into an Alembick, and distil them with a soft Fire. About half the Spirit of Wine, which might before ferve, may do in this last. Keep the Tincture which you find remaining at the bottom of the Alembick close stopt up. L. cuinad Languis

You may take ten drops of this in some convenient Liquor for the Apoplexy, Palfie, or Epilepsie; and it is much commended for the helping Women in most Distempers of the Head, or Affliction of the Brain.

of the Species of Miere Picra one ounce, Canary a pint: infuse the former in the latter in some cool place the space of seven Days, shaking it two or three times a Day, and then let it stand till the Wine looks clear.

This wonderfully cleanfes and frengthens the Stomach,

.O. 7

is good for the Jaundice Dropsie, ill Habit of Bodys and for opening Obstructions in the Liver and Spleen. Three spoonfuls may be taken at a time, or more or less, according to the Age and Strength of the Party afflicted.

Digest in eight ounces of Treacle-water two ounces of Saffron for the space of six Days; then the Tincture being strained out, keep it close stopped for use. You may take of this half an ounce at a time in a glass of Wine, or any other convenient Liquor.

This is wonderfully efficacious in chearing and comforting the Heart, concosting the crude Humours of the Breast, helps the Jaundice, and is good against the Infection of the Plague, and is of singular validity in driving out the Small-pox, but in that case you must be wary in taking too much of it, for fearof inflaming the Blood.

Fried: Take a boiled or raw Pike, mince it and flamp it into some old fat Cheese grated into it, season it with Cinnamon, Sugar, and boiled Currans, add the Yolks of hard Eggs grated; and these being all well mingled together, you may make them up into Toasts, Balls, Pastils, or any such little things, as you X 4.

please; and faying them with sweet Butter, and grated Nutlands, they will tast wonders ful pleasant or but the chief as they were devised and intended form, was to lay about the Dish, or under sundry sorts of fried Means, the better to set them off, though they can very curiously.

Cobacces : Though many are ignorant of any use of this Plant than in imoaking. it has nevertheless many other ways of fingular Viente, wiz: It relifes Puttrefaction pros vokes freezing; the fmoaking of it stops Catarrhs, and die pol's to tell, takes off Wearinels, and suppresses the Fois of the Mother as H is a good Prefervative in Plague times. A Ganganism of it cures the Tooth-ach, and diffolves the Tumour of the Uvula, A Bath of in or the green Leaves and plied, cure Leprone, the Itch; kills Lice, and Ments Wounds cleanfes Ulcers, and takes out the Fire of Scalds, or Burns. The Smooking of it strengthens the Stomach, helps Coneoction and gently moves the Belly; but is not good to be taken, especially to any excess, by those of a hat Constitution, because it dries up or evacuates too much moisture : Mr cases Pains in the Teeth, a hollow Tooth especially, being front with it. either as it is, or the Cinder

of it not burnt to Ashes. And in case of the Palsie, take the green Leaves of Tobacco, and insuse them in old Mallaga, and rub the Parts afflicted with the liquid part after Sweating: this has been often tried with success. A Pipe lighted, and the Smook forced up the Fundament, eases the Colick, or Pains of the Belly; it also cures the Fits of the Mother, and Faintings.

Tobacco Salte: To make an excellent Salve of Tobacco, Take the Juice of green English Tobacco one quart, Olive oil at pint; with as much Turpentine, Wax, and Vardigreate, as will thicken themiover a getitle Fire to the confiftence of a Planter,

Bruiles, Burns Scalds, Gunfhon, and to be applied to the Place which cany venorhous Creature shas bit or flung.

first place; Take a Near's tongue well boiled, blanch it and cut it in thin slices, as also some interlarded Bacon, and lay a Laying of the Bacon between every Layings of the Tongue; but let the Bacon be cut much thinner and lesser in quantity; then take half an ounce of Pepper, two large Nutnegs, and three Anchoveys, for bearing to sprinkle any Salt; after this make a Leer with half a pine

of Claret-wine, and fome Gravy, the Yolks of three Eggs, a piece of Butter, and grated Nutmeg, boil them up to a confiderable thickness: then when the Pye is to be ferved up, put it in with a Funnel at the Pipe, or open Place left for that purpole. And by this method you may order and feafon a Place ove to the best Advantage to please the Palace.

Cooth ach ? To ease the violent Pain of the Teerly. with which old and young are too frequently afflicted. .Take two pares of Lisben-Sugar! and one part of black round Pepper, fine them into Powder, and put them into a Spoon over two or three well kindfd Cools; and when the Sagar begins to relent, take off the Spoon, and whilf the Mixture is foft, form it into Inde grains, the fize to there the hollowness of your Tooth, and stop it in as close as may be and to renew it as you find the first wast.

Cootheach, another Take Henbane - feed and Hyffop-feed bruife them very imail; then put as much Sweeds-Tar as will fix them togethere to make them up into little Pellets, and flop these into the hollowness of the Tooth, tyed up in a little fine Rag.

Cooth-ach, another : Take

it up in a fine Rag, more long than broad; then for it in the Spirit of Wine, I it to the Root of your Tooth and though by its Heat it may at first cause the Nerve of the Tooth to rave a fittle; yet in a short time, being often dipt and applied, it will altogether take away the Pain. Or. for want of this, take what follows, viz.

Seeth clarified Honey one ounce in two ounces of Rolemary-water, or Hyllop-waper; and taking off the Scum that will arife, put in the fine Dust of Pepper, let it confume till a blackness ensue. and it thickens; then dip into it a Sage Leaf, whilf it is hot, and lay to the Tooth, and the Pain will prefently abate.

Cooth to make fall out: If you have a loofe and troublefome Tooth, or one that is hollow and offensive, you would remove. Take the Shavings of Harts.horn, burn it to Powder, mix with it a little flacked Lime, the Tallow of a Ram, and the Juice of a white Lily and Plantane, root, flop it into the Tooth, in a Rag, if hollow; or otherways, lay it to it between the Cheek and the Gum, and it will in a little time. fall our without any pain at all

Cooth not Bollow: If-Ginger, beat it fine, and fow there be no hollowness in the

Tooth,

Tooth, or visible defect, and yet it achs. Take the Root of ck Hellebore, commonly Med Bear's-feet, ferape off he Rind, and cut a pretty flice, and lay it to the Tooth between your Gums, and the infide of your Cheek, avoiding the Rheum that it will occasion; and fo renew it with a fresh piece. If you fancy, by a strange fort of a firting, at certain times, that there are Worms in your Teeth fprinkle fome Henbane-feed and Frankincenie. on a Pan of Coals, hold a Funnel, the broad end over, and let the narrow Spout be placed to the bottom of the Tooth that the Fume may come to it; and if there be any place for them to do it, the Worms will creep out; If they do not, it will however kill them

The greater for this is excellent for Ruptures and inward Wounds, and for Difeales rifing from Defluxions, by taking two drams of the Powder in Broth fucceffively for feveral Days. It likewife eales Pains and Aches in feveral Parts of the

Body.

Cormentil: This is drying, and very aftringent, and
therefore is very powerful in
the Fluxes of the Belly and
Womb; and being mixed
with vulnerary precious Oint-

ments and Plaisters, it festi-

nates the Cure of Wounds, old Sores, and Ulcers. From half to a whole dram of this, taken in Wine, is greatly commended for curing an Epidemick Dysentery; Rhubarb being used before, if

occasion require it.

ques: Take of Venice, or Lendon-Freacle, put it into about four ounces of White-wine: then put it into a Veffel close covered, and let it simper for half an hour over the Fire, but not boil, stirring or rather shaking it sometimes about, and rake it pretty hot about two Hours before the Fit comes on, and let the Party keep close in a warm Bed, in order to sweat; and repeat this two or three times.

This was experienc'd by the famous Sir Kenelen Digby, and by him ordered to be given to divers Persons; which was rarely given without Suc-

Creacle-Spirit: To make this, Take the Roots of Marfier-wort, Angelies, Athamantick, Spignel, and the bigger Valerian; of each three ounces; Juniper-berries, and the Seeds of Kishop's weed, and Seeds of Marsailes, of each an ounce; approved Treacle four ounces: The Roots and Seeds being bruiled together, macerate them eight Days in two pints of rectified Spirit of Wine: then make your Distillation.

Distillation, and preserve the

Spirit.

This Spirit refifts very powerfully all forts of Poifons: It may be taken in Spaniffi-Wine, or any Cordial Liquor, from one to four drams: It may be also apply'd to the Nostrils, Forehead, Temples, and Sutures of the Skull, for Head-achs, Fainting Firs, or Droufiness of the Brain.

Treacle-Matter : This is the most Excellent fort of all. To make it, Take the Roots of Gentian, Angelica. Master-wort, Valerian, and Contrayerva, of each .two ounces; Citronerinds, and Orange - peels, Cinnamon, Cloves, and Juniper-berries, of each an ounce; Tops of Water-Germander, Rue, and St. John's-wort, of each one handful: infuse them three Days in Spirit of Wine, and Waters of Nuts, and Bleffed Thistle, of each a quart : then add four ounces of approved Treacle: distil the whole in a Sand-Bath, and keep the Water close stopped for ufe.

This is an excellent Water to relift Poison, and to fortifie all the noble Parts, being taken from one dram to half an ounce. Some make a Treacle-water, by disfolving the Treacle in equal parts of Spirit of Wine and Vinegar, ufing it without any Distillation; but Reason and Expe- they may be perfumed, as

rience tells us this is far more Excellent:

Tre-foil, or Bucksbane : The Decoction of it in Whitewine is good against the Scurvy, as also, for Pains in the Limbs. The Leaves boiled in Beer, and taken hor, eafe Pains in the Bowels; but being bitter, it is best taken in

any lenitive Syrup.

Trembling, a Bemeby : If the Members tremble and shake, that you cannot at certain times hold them still. though no cause of Fear. Danger, or Defect, is evident to cause it, anoint the crown of the Head, the Hair being shaven off, and the other Parts especially where you find the Trepidation, with Oil of Cinnamoh, and drink two drams of the Water that is made of Man, or Swine's Blood, brought to putrefaction, with Aquavitæ, or Spirit of Wine, and afterward distilled : and this must be frequently repeated for a Month's space.

Troches Penozal : Take of white Sugar a pound. white Sugar-candy, and Penids, of each four ounces; of the Roots of Florentineorris half an ounce, white Starch an ounce and half. Licorice fix drams, with a convenient quantity of the Mucilage of Tragacanth extrached in Rose-water: make the Materials into Troches, that

occasion

occasion requires it, with four grains of Ambergreafe, and three of Musk.

These are Excellent for Coughs and Catalries in Winter, and for the preventing taking Gold in such whole Occasions constrain them to Eravel in damp and foggy Airs.

Troches of Minters Cheerice : Take of Winter - Cherries three drams Guns Arabick . Tragacanth . Olibanum: Pine-nues, birrer Almonds, white Starch, Tuice of Lemons, Bole-armoniack and the Seeds of white Poppiet of each fix drams : Melons, Cucumbers, and Gourds, of each three drams and a half; Smallage, white Henbane white Amber and Barth, of Lemons and Opiuntry of each two drams; and with the Juice of fresh Winter-Cherries make Troches. The Dole is two form plesso be taken at a time.

This is excellent for expelling Gravel from the Bladder, or Kidneys, and to provoke Urin

Trachiles of Benjamine, and the Affes of a Sullow-Tree, of each an ounce; Rofin and Scorax prepared a like quincies; fweet Taumahacca, and hignum Aloes finely powdered, of each half an ounce; Ambergreafe a dram, Musk half a dram, Zebit fix grams,

diffiled Oil of Lignum Rhodium, Cinnamon, and Cloves, of each fix drops: make up these with Gum-Tragacanth extracted with Rose water.

These are more excellent than any, as casting a more fragrant and incomparable sweet Smell.

Take the Powder of green Willow coals three ounces, Estidanum two ounces, Storax and Benjamine, of each half an ounce; Maffick, sweer Tacamahacca, and yellow Amber, of each two drams; Lignum Rhodium a dram and half: make them up with the Mucilage of Gura-Tragacanth extracted with Role-water, and dry them in the Shade.

This is an excellent Perfume for Chambers and Rooms of Entertainment, as likewise to drive away ill Airs, and bad Scenes.

Trochtles, another Way ! Take the Goals and Ashes of Rosemary, beat small, and fifted finely. four ounces, Labdanum two ounces, Storax and Renjamine, of each an ounce : Roots of Cyprus, Aromatick, red Mastick, and Amber, of each two drams. Cloves one dram, Musk, Civett and Ambergreafe teh grains, the Mucilage of Gum-Tragacanely, extracted with Orange flower-water, as much as will make them up, and fuffer

fuffer them to dry as the former.

These give an excellent Odour, and are very wholfom to the Brain, and drive away offensive Vermin and Infects, being burnt on Coals.

Crotter-10 me : This is done with Wardens, Quinces, Pears, es, and you may either take them feverally, or altogether quartered, or fliced raw; if in quarters, put fome whole ones among them : if fliced, beaten Spices, and a little Butter, and Sugar, taking to every twelve large Quinces a pound of Sugar, and a quarter of a pound of Butter, close it up and bake it; and when it is well baked, mash the Fruit; then put in some Cream, and Yolks of Eggs well beaten, and stir them altogether : then cut the Cover into five or fix pieces. Diamond fashion, put in a little Role-water, and Crape Sugar over it.

Tumour in the Epe : This is otherways called a Phlyclena, or a little Tumour in the carneous Tunicle of it. To remove it, Take the Decoction of Mucilages, and dress the Eye with it for some time to ripen the Tumour; then with a fleady bland open it with a Lancet, or Needle, and prefs out the offentive Master : then cleanse and head the Part with Honey diffolyed in a little Sage-water.

But when the Tumour is beginging, and not great, if you have not the Decoction of Mucilages, you may dress the Eye with the Mixture of equal parts of the Water of Melilot, Chamomil, and Ber-

tony.

Tumour of the Binee : Take a green Colwort-leaf. with red Veins, or Streaks. pare off the Ribs flat and almost level to the rest of the Leaf; then with the haft of your Knife bruile it, and apply it to the Part affected, renewing it three or four times a Day. This also allays any Heat or Pain by or ther means; and draws gently, mostly evacuating the Humour by Sweat.

Cumour to Bipen : Take eight ounces of fat Figs, two ounces of white Lily-roots two ounces of Bean-flower. (or Meal:) boil them, the Figs and Roots being bruifed. in as much Water as will reduce them to the confiftence of a good Poultis; which foread to a good thickness. and lay warm upon the Pare. and thift it often till it becomes dry.

Tumpurs Sharp: Take Spring-water a gallon, put into it a good handful of dried Sage, let it boil till it be strong of it, at what time put in about two ounces of Spanish Cake-foap; and when it is diffolved, the Consoltion

is compleat: and with this, and Stuphes, foment the Part grieved warm for a confiderable time together. This is excellent good to allay and difperfe all Tumours accompany'd with sharp and affli-

Aing Humours.

Tumout in the Chroat : To cure or remove this, which indeed is fometimes very dangerbus: Take a quart of new Milk, put into it a handful of Mallow-leaves, and a like quantity of the Leaves of Night-flade : fhredding them fmall, and let them boil till the Herbs be tender : then put to them an equal quantity of the Crumb of White bread. so that being stirred with the other Ingredients, it may be reduced to the confiftence of a Poultis, amongst which scrape a little Bole-armoniack fine in powder; and fo spreading it on a Stay, lay it to the Throat warm as may be well endured, and as it cools and dries supply it with another.

Cumour in the Cheat, another: To Remedy this dangerous Defect, gargarize your Mouth with Wine of Pomgranates, and Barly-water mingled together; also take Syrup of Poppies, and Syrup of Mulberries, of each a quarter of an ounce; Rosewater three ounces: temper them together, and not only gargarize your Mouth with it,

but mixing a little Honey and Bole-armoniack with it, swallow as much as will lye on a Knife's-point Night and Morning, and it will allay the Swelling, and ease the foreness.

Eurbut Boil'o : Draw the Fifh, and wash it clean from the Blood and Slime. put it into boiling Water and Salt, and fuffer it to boil very leifurely, keeping it fcuming, and add more Salt in the boiling; and when the Water begins to fhrink, add a little Whitewine & Vinegar, Mace, Ginger, and two or three Cloves, with some Lemonpeel; and when it is boiled and cold, put in a fliced Lemon, or two, and take up the Fish, and keep it in an earthen Pan, with the Liquor it was boiled in, close covered. Your Liquor you boil it in, must never be but little more than will cover it; and the Fire must be gentle, over which it is boiled, for fear of breaking.

the Fifth, then hack it with your Knife, and it will be ribbed, fry it with Butter till it is near brown; then drain the Butter from it, and the Panbeing made clean, put it in again with Claret, Ginger, and Nutmeg, fliced Anchovy; Sale and Saffron beaten fanall, and fo fry it till half the Liquid be confumed; then put in a piece of Butter, mix it well

with

with the rest, and mince a Lemon into it; then having rubbed the Dish with Onion, or Shalor, serve it up in what

you last fried it in.

ving boiled it, put it into Vinegar, Salt, and Whitewine, with some of the Water it was boiled in; then add some Spices, as Cloves, Nutmeg, and Ginger, some Tops of Fennel, and Bay-leaves, keep-

ing it close covered.

If you would eat it hot when boiled, pour on it fome-flewed Oisters, lay slices of Lemon, and run it over with beaten Butter, place Sippets conveniently in the Dish, and slick it over with fried Bread. Or, Serve it up with beaten Butter, sliced Lemon, sweet Herbs boiled and minced, Onions and Barberries cut small:

do this the best way, Cut it in slices, and fry it; and being half fried, put it into a Stew-pan, or convenient Dish, with Claret, grated Nutmeg, and three or four slices of an Orange, a little Verjuice, or Vinegar, and some sweet Butter; and when it is sufficiently stewed, dish it up, and run it over with beaten Butter, sliced Lemon, or Orange and Lemon-peel, and so serve it up.

Corkep Pre: For this, to feafon it well, you must

take half an ounce of Cloves, finely beaten, with a little Mace, Pepper beaten one ounce, Nutmegs fliced thin, or fcraped one ounce and half, a quarter of an ounce of whole Mace; then put four pound of Rutter in the Pye, mix more Salt than Pepper, and forget not to put two pound of Butter to every peck of Flower: And in this manner you may feafon and order a Goofe-pye.

Curkey Boafted : Draw the Fowl, and take fweet Herbs, and fhred them, and put them into a Linnen Bag with Burter and Spices, and fo put it into the Belly; then baff it as it is turning on the Spit with hot Water, till it is as it were parboiled; and drying it with a fine Cloath. ball it with Butter, and dridge it over with a very few Crumbs of Bread and grated Ginger: and when it is roaffed, serve it up with Anchovyfauce, small Herbs minced. and the Juice of Lemon; garnishing it with Lemonpeel, Tops of Hystop, or Winter-favory.

one or two fat Turkeys when they are well dreffed, take out the Bones, and eye up the Flesh in the manner of a Sturgeon, put into your Veffel two quarts of Whitewine, one of Water, and one of good Vinegar: make

it boil, and pretty well feafon it with Salt, then put in the Flesh, and let it boil till it be very tender; and when it is fufficiently boiled, Take it our, and tast the Liquor; and if it be wanting in sharpness, put more Vinegar, and when it has boiled a little, put it into an earthen Pot; and when cold, put in the Liquor it boiled in, quite covering it; fo fuffer it to remain three Weeks, or a Month: then ferve it up as you do Sturgeon, with Elder, and Vinegar, and garnished with Fennel Thus you may pickle a Capon, only then you must lard it with great Lardings before.

Turnin-Bread : Take about half a Bushel of the midding fort of Turnips. not flicky, but fuch as will boil foft; being pared and boiled, press out the Water very hard till they are quite dry, beat them then in a Mortar, and mix with the Pulp about two pound of fine Wheat-flower, and two ounces of Carraway-feeds; put in a pint, or somewhat more of new Ale-yeaft, mould it up as other Bread, and let it he well foaked, and it will not only look, but taft like

drupp (own)

WAY Let 10 Vot 1000 Cov.

best they to see ....

Bread. This is not only made for faving Charges in poor Families in a dear Year, but of late has been much in efteem for Consumptions, and these troubled with shortness of Breath and Prissick; being yery wholesome and nourishing.

Take four ounces of the best refined Turpentine, two of Bees-wax, one of Honey, a quarter of an ounce of Verdigrease, Deers Suet two ounces, Oil of Roses and Lillies, of each an ounce i make these into a Plaister over a gentle Fire, by well stirring and mixing together.

This is exceeding good to draw Swellings to a Head, ease cold Pains, Aches, or Numbness of the Joints; to draw out Thorns, Splinters, rusty Iron, broken pieces of Swords or Gun-shot; and is a very singular Drawing Plaister on all Occasions, where the Humours are stubborn.

Cutfan: This stays Bleeding: the bruised Herb or Juyce applied, stays spitting of Blood, or hinders the blood from slowing inwardly: the Juyce being drank with a little Cinamon-water and the Spirit of Wine.

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Sea . Inc dome.

Half a Mlerian : fpoonful Powder of the Root of this Herb before the Stalk springs, taken in Wine, Waters, or Milk, once or twice, helps those that are troubled with the Fallingfickness: The Leaves bruised are usually applied with success to flight Wounds, and have a power, when decocted in any convenient Liquor, to purge upwards and downwards, and give, if the Party be careful of himself, fine gentle breathing Sweats.

Moders Baked: To do this the Italian way, Boil the Udder of a Heiffer tender, then let it stand till it cools. cut it into fmall square pieces like Dice, feason them with Cloves, Mace, Ginger, Cinnamon, Salt, Pistaches, or the Kernels of Pine-Apples, Dates, and flices of Marrow; then put them into the raifed Past of a Pye, not making it above an inch high, like a Custard, and of Custard-past, prick it and dry it in an Oven, and put in the Materials before mentioned, and to them some Custard stuff made of Cream and Eggs, Salt, Rose-water, and a little dissolved Musk: bake and flick it with the flices of Dates, candied Piffaches, and scrape fine Sugar on it.

al Doer = Dve, another way : Lard a young Udder with great Lard, feafon it with Nutmeg, Cloves, Pepper, and Mace; and when it is boiled tender, and when it is cool. wrap it in a Coller of Veal. having feafoned it again with the Spices, and a little Salt. lay some flices of Veal in the bottom of the Coffin of your Pye, and place the Udder on them, the which cover with other flices of Veal, and for feafoning, put Lard and Butter, and close it up; and when it is fufficiently baked. liquor it with clarified Butter. if you design to use it cold: but if hot, put in Whitewine, Gravy, and Butter well beaten up together.

Beal, the Chine to Broil : Cut the Chine in three or four pieces, and lard them with small Lard, season them with Salt, and broil them, laying under them some Sprigs of Rosemary, Bay leaves, and Sage, dust them over with a little Flower; and being broiled, serve them up with Gravy; the Juice of Lemon, nd beaten Butter, as a commendable Dish.

Meal, a Leg to Broil: Cut it round the Leg in Slices, or in rowls as thick as your Finger, and lard, or not lard them at your difference, broil them forty on the Embers, bear up Butter, Gravy, the Juice of Oranges, and the Yolk of Eggs for Sauce.

. Reat to Boil : Here I mean a Breaft of Veal, a Joint unufually boiled. To do ir, Make a Pudding of grated Manchet, minced Suet, and minced Veal, feafon it with Pepper, Nutmeg, and a little the Salt, three or four Eggs, Cinnamon, Currans, Dates, Raifins, Cream, Sugar, and Pepper: mingle them well cogether, fill the skinny end of the Breaft with them . prick it up, then put it in a Pan, or between two Dishes, and flew it with ftrongBroth, Gravy, Whitewine, some Marrow, fliced Dates, and a few Blades of Mace; run it over with Butter, Grapes. Lemon-flices; and Barberries Or thus, Joint it well, and parboil it, put it into a deep Diffi, or Stew-pan, with fome ftrong Broth, and a bundle of fweet Herbs, some Mace, and flices of interlarded Bacon, fome Capers, a few Cloves, and half a dozen fprigs of Camphire, the Yolks of Eggs and Whitewine: flew thefe to a tendernefs

and ferve them up on fine carved Sippets.

Meal forced divers ways: (1.) Mince some Veal with Beef-friet, shred fweet Herbs fmall, then beat Cloves, Mace, and Pepper, put in someYelks of Eggs, grate in Belonia Saufages, and old Cheefe, feafon it with Salt. (2.) Grated Cheefe, Calves-brains, fweet Herbs, and Spices, Saffron. Eggs, Goofeberries, and Grapes. (3.) Raw Eggs, Marrow, Butter, fweet Herbs, Lemon - peel fhred fmall, Ginger, Cinnamon, and Sugar. And these may indisserently ferve for Kid, Lamb. or Venison, that is to be forced or fluffed.

Meat-Pope to Deafon : Take an ounce of Cloves and Mace finely beaten, a quarter of an ounce of Pepper, and a quarter of an ounce of whole Mace, half a pound of Gurrans, and two ounces of Salt. Thefe are fufficient to feafon a Loin of Veal, or any proportionable Joint fitting to be put into a Pye; there must be added likewise two pound of Butter. And this feafoning is very fuitable for a quarter of Lamb, if it be put in Paft.

Vein be cut or broke, to flay the excels of Bleeding, Take Olibanum two ounces, Aloes-Heparick one ounce, a little Weel of a Hare, the

White

of an Egg: mix these together, and dipping a Liniment into it of Flax, apply it cold to the Place, suffering it to flick on a Day or two; then if you fee occasion, take it off

with Oil of Roses.

Meins Windy: To expel offensive Windiness that afflicts the Veins, Take the Powder of Licorice, Carraway-feeds, Sugar-candy beaten small, of each an equal quantity; to which put Rhubarb in powder a third part, with a like quantity of Cream of Tartar in Powder. Take as much as will lye on the point of a Knife three or four times a Day as it is, or in a glass of Wine, and so continue to do for about feven Days.

This gently purges, very much cools the Blood, and by expelling the Wind, eafes Pains, and many Diforders that are occasion'd by it.

Menetian Walh: Take the Whites of twelve Eggs, when indifferently hard boiled, and cut them very small, Endive small shred fix ounces, Purslain-leaves a handful, Juniper, and Ivy-berries just gathered from the Tree, of each a good handful; Fern-roots four ounces, the inner Bark of Elder, Barberry-tree, of each two ounces: bruise those well in a stone or wooden Mortar. and infuse them in two quarts sit is cold, fill it up with But-

of Rose and Bettony-water, each a like, twenty four Hours; then draw them off in a cold Still, till the moin fture be entirely extracted from the Herbs, and bottle up the Water, corking it close; and when you use it, put a little Flower of Almonds in it, and shake it about.

This is highly commended as a great Beautifier in most

Courts of Europe.

Menison to Broil: Take half a Hanch of fat Venison, cut it into flices half an inch thick, falt and broil them on pretty quick Embers; and when they are well foaked, bread them and ferve them with Gravy only. And in this manner you may broil a Side of Venison; or boil it first in fresh Water and Salt, and then broil it, and dridge it, and ferve it up with Gravy, Vinegar, and Pepper. As for the Chine broil it raw. bread it, and ferve it up with Gravy,

Menison Counterfeited : Take a Buttock of Beef cut it down the long ways with the grain, beat it well with a Rolling-pin, and broil it on the Coals; and when it is cold lard it; then put to it fome Whitewine - Vinegar . Pepper, Salt, Cloves, Mace. and Bay-leaves: fo let it lye three or four Days, and bake it in a Rye Past; and when

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fourteen Days before you cut it up, and it must be a very curious Pallate that can distingush it from Venison of

VE

red Deer.

Mention to Counterfeit, another: Take Ram, or Wether, steep it in warm Blood, either of a Goat, Pig or Sheep, and season it as you do Venison; the Bones being taken out, and a little Claret-Wine added, bake it in a Pot,

or Pye.

Menilon - Dafty : Take four pound of Butter to a Peck of Flower, and make it up into a Crust or Past with cold Water; beat the Past with a Rolling-pin, and likewife fo order two pound of Beef-suet beaten small: then put the Suet into the Pasty both at top and bottom; Itake notice likewise that you put the Whites of twelve Eggs into the Crust:) then your Meat being boned, or the Bones broken to pieces, rub it over with an ounce of Pepper, and as much Salt mixed with it : of if you take out the Bones, you may put them well broken into a Pot, with a little Claret, fair Water, Pepper, Salt, and a flice or two of Nutmeg, and bake them, that fo the Liquor may ferve to put it into the Pasty when it comes out of the Oven, in order to be ferved up at the Table. And

this way, without alteration-Mutton, or Beef-Pasties may be ordered; and the latter among the more ignorant, so ordered, will pass for Venison.

Menison to Dot : Take a Haunch of a far Buck, not lately hunted, bone it and beat three ounces of Pepper, twelve Nutmegs grated, and a fufficient quantity of Salt to feafon it: mix the Spices and Salt with Whitewine-Vinegar, wash the Venison over with it; then make holes in the lean fides with a Knife, and stuff it as you do Beef, with Parsly fmall fhred; and then put it into a convenient earthen. Pot, with the fat fide downward: then clarifie three pound of fweet Butter, and put it to the Venison, cover your Pot with a Past, and let it fland in the Oven five or fix Hours: then take it out, and with a vent press it down to the bottom of the Pot; and letting it be cold, take the Gravy from the top, and boil it about half away, then put it with the Butter to the Meat again.

Menison to Souce: Boil Water, Beer, and Vinegar together, and having taken off the Scum, put in Bayleaves, Thyme, Savory, Rosemary-tops and Fennel; and when it boils, put in the Venison, let it parboil, then

press

press it and feafon it with Salt, Pepper, and Nutmeg.

This takes away the Scent when tainted, and it will keep in this Souce-drink a long time; and so you may bake it to be eat cold or hot.

Menison to Stew : Slice it out, and put it into your Stewing-dish, set it on a heap of Coals with a little Claretwine, a Sprig or two of Rolemary, and half a dozen Cloves, a little grated Bread, Sugar and Vinegar; so let it stew together a while, then grate one Nutmeg into it, and ferve it up.

Menison Cainted : If boil it with some Bayfcum it, and let it stand till it cools; then lay your Venifon to fleep in it twelve Hours, press it and dry it, then parboil it, season it with Salt and Pepper, and it will be fit for use. Or,

Bury it in the Ground. where there is a kind foft fweet Mould, and the Earth will draw to it the strong Scent, and the Venison will become fweet.

Merinice to Make: Gather Crabs as foon as the Kernel turns black, and lay them in a heap to fweat; then take

the Rotten, or much bruifed. if there be any, put them into a Trough, and flamp them with a Beater, or grind them in a Mill: then put them in a hair Bag, or coarfe Cloath. lay it in a Press, when full with the Mash of the Crabs, and by preffing down the Board upon it. fqueeze out Juice, and put it into a Barrel; stop it close, and set it in a warm Place for ten or twelve Days, and it will become excellent Verjuice.

Merbaine : There are many wonderful Virtues attributed to this Herb, or Plant: 'Tis Cephalick and Vulnerayou would recover your Ve- ry, used for Obstructions of nison when Tainted, Take the Liver and Spleen, also in strong Ale, and as much Vi- Diseases of the Eyes, and the negar as will make it sharp, Stone, for Ails in the Breast, Bloody-flux, and Tertian-Afalt, and make a strong Brine, gue; to heal Wounds, and cause easie and speedy Delivery in Women. It is outwardly used for Redness of the Eyes, Pains of the Teeth, Head-ach, Quinsie, Glandules of the Jaws, and Falling, of the Fundament; for Pains of the Spleen, and cleanling Ulcers. The distilled Water of it applied outwardly to the Head, and four ounces taken inwardly with four drops of Spirit of Salt, are held to ease Pains in the Head, though proceeding from different Cau-Forefus relates, to his fes. knowledge, That two Peroff the Stalks, and feparate fons, when all other Applications

cations failed, were cured of inveterate Head-achs, with only applying this Herb

green.

Minegar in Walls to Make : Take the Berries of the Bramble, when half ripe, and dry them, and when they are fufficiently fo, make them into Powder, and with strong Whitewine - Vinegar make them into Balls as big as small Nuts; then dry them, and put them up into wooden Boxes, and when you have occasion to use them, take Wine, or for want of it, a little Water, or Stale-beer, and diffolve a Ball in it, or fo much as you have occasion for, and it will immediately become a strong Vinegar.

Minegar Common : The ufual Vinegar made with us is ordered in this manner, Take a midling fort of Beer. indifferently well hopp'd, put into it when it has worked well, and is grown fine, some Rapes, or Husks of Grapes, usually brought home for that purpose, mash them together in a Tub; then letting the Rapes settle, draw off the liquid part, put it into a Cask, and fet it in the Sun as hot as may be, the Bung only covered with a Tile, or Slat-stone, and in about thirty or forty Days it will be a very curious Vinegar, and may pass in use as well as that made of Wine,

if it be fined and kept from:

musting.

Take eight drams of Sea onions, a quart of Vinegar, as much Pepper as Onions, Mist, and Juniper-berries; let them infuse, and drink a spoonful at a time before Meals.

Minegar of dibers Sorts: (1.) Take good Whitewine, and fill a Runlet full, leave it unftop'd, and fet it in the Sun, or in some hot Place. and it will foon turn, and become special Vinegar. (2.) If your occasion requires Vinegar in hast, put some Pepper, Salt, and foure Leaven mingled together, and a hot Steel, stop it up, and let the Sun, or fome other warmth come to it. Or, for the more speedy way, put Whitewine, or Claret into an earthen Pot. stop the Mouth with a piece of Past, and put it into a brass Pan or Pot boiling with Water; let it be there about half an Hour, and it will grow foure.

Minegar of Einer: Gather Elder-flowers before they be too much blown, pick them clean from the great Stalks, and dry them in the Sun when it is not too hor; fo put a handful of them to a quart of the best White-wine-Vinegar, and let it stand about twelve or fourteen Days, then strain it, and draw

it off, and put it into your Vessel, letting a quart be put in very hot to make it ferment in the Cask, and so stop it close for use. It is very pleasing to the Pallate, good for those to use in Sauces, or otherways, that are troubled with Pains in their Heads; as also, by dipping a Cloath in it, or making a Poultis of Mallows and Chamomil, and apply'd to the Head, it wonderfully eases it of Pains caused by heat.

Ulinegar of Foul Wine: Boil it and fcum it very clean, fuffering it to continue over the Fire till one third is confumed; then put it in a Veffel, and put fome Chervel to it, stop it close, and in a short time it will prove very good Vinegar. You may make Vinegar of any Flowers, Herbs, Fruits, or Roots, by putting them into the Vinegar, and infusing them till the Vinegar is tinctured, or grown strong with the tast and fmell of them.

Fill a Bottle with the best Wine-Vinegar, then take a good quantity of Pepper, put it into a long Cloath sowed up like a Bag, and put it into the Vinegar for the space of Eight Days, with a string to it, that it may be drawn out at the end of that time.

Minegar of Boles: Take the Buds almost blown, of red Roses gathered dry, and the Whites and Stalks cut away, fhred them, and dry them after in the Sun a confiderable time, put them into earthen Veffel, and put to a pound of Roses two quarts of the best Whitewine-Vinegar; stop them up close, and let them infuse eight or nine Days: then draw off the Vinegar, press out what remains. in the Roses, and bottle it up for use.

Thinegar of Roses, another: Take red Roses, not quite blown, cut away the whiteBottoms when the Leaves are plucked from the Stalk, about one pound, and dry them in the Sun; then put them in fix quarts of Whitewine-Vinegar, and set it in the Sun about forty Days: then strain it, and let the Insusion be repeated with fresh Roses; and so strain it out, and keep it for use.

This is used mostly in Sauces, but it is indeed extraordinary good made up into a Syrup with Sugar, to cut Flegm, gargle the Mouth, and to be used in cooling and aftringent Medicins.

Attnegar of Boles, another: Dry your Roses with Elder-flowers, then put them into a double Glass, or stone Bottle, set them in the Sun, or in a warm Oven, and put Y

Whitewine-Vinegar to them, and so let them insuse for ten Days, and tye a Rag over the Mouth of the Bottle, that the Vinegar may strain

through it.

Minegar of Treacle : Take one ounce and half the Roats of great Celandine the Roots of Angelica, Masterwort, Bithwort, Gentian, Valerian, Burnet, white Dittany, Elecampane, and Zedoary, of each a dram; the Leaves of Mousear, Sage, Scabious, Scordium, Dittany of Creet, and Blessed Thistle, of each a handful; great Plantain-root a dram and half: the Seeds and Bark of Citron, of each one dram and half; Saffron three drams. Bole-armoniack one dram. Harts-horn a dram and half: tye up the Harts-horn, Dittany, and Bole-armoniack, in a fine Rag, and for five or fix Days infuse it with the other Ingredients in five Pints of sharp Vinegar in a well stope Glass by a moderate heat: ftrain out the Vinegar, then put into it to dissolve fix drams of the best Treacle. and shake it often, and so do when you use it.

The Dose is half a spoonful at a time in some convenient Liquor. It is of excellent use to prevent pestilential Fevers, the Plague, ill Airs, and notiom Vapours, being taken fasting in a Morning. Miolets Simple: To make the simple Syrup of Violets, infuse the Flowers of blue Violets twice or thrice, till they by boiling have lost their Scent; then with a convenient quantity of Sugar boil up the Water to a Syrup.

This affwageth sharp Humours, and Pleurifie, and is good for the Head-ach, and against the Heaviness of the Heart, and hinders disturbing

Dreams.

Miolets Dyrup of: To make the compound Syrup of Violets, Take the blue Violet-flowers fresh gathered . the white ends clipped off. and free from Stalks, two ounces; the Seeds of Quinces and Mallows, of each one ounce; Jubebs and Sebestens. twenty of each: boil Gourds, or their Seeds in five pints of Water till one half be confumed: then take them out. and put the other things mention'd into it : and having ftrengthned it with their Scent and Talt, so that little or none remains in themselves. press them into the Liquid. and so with fine Sugar boil it up into a Syrup.

This mitigates Catarrhs, and Hoarfness, and wonderfully helps Coughs, or Colds, and is good in most hot Di-

feales.

Tipers Biring: As foon as any one is bitten, (for if the Poison be diffused through

the

the Mass of Blood, the Experiment cannot be warranted) a hot Iron may, as hot as the Party can endure it, be held near the Wound till it has, as some term it, drawn out Poison, which sometimes like a yellowish Spot will stick to the surface of the Iron.

Take white Horehound and Plantain, of each half a handful; beat them into the nature of a Poultis, and apply it speedily to the Place afflicted 'e're the Poison spread in the Blood, and drink at the same time the Juice of them, which is very good against the Jaundice, and not only for the Biting of the Viper, but other venomous Creatures.

Mipers-Grass: This is by many eaten with their Meat, having a kind of a tast and sweetness of a Parsnip. Tis applied with success against the Biting of any venomous Creature, also in pestilential Fevers, Giddiness, Melancholy, Palpitations of the Heart, Falling-sickness, Obstructions of the Bowels, and Diseases of the Womb; for the Jaundice and Dropsie, if taken at the beginning.

In case of any kind of Fevers, Take of the Root of Scorzonera, and Angelica, of each fix drams; of the Leaves of Wood-sorrel, with the Roots, two handfuls; rasp'd Ivory, and Harts-horn, of each balf an ounce : Licorice two drams: boil these in a fufficient quantity of Water. wherein Barly has been boiled. to the confumption of a pint and a half; and having strained the Liquor, add of the Composition of Scordiumwater, and of the cold Scordium-water of Saxony, of each three ounces, Syrup of Rasberries three ounces : mingle them well, and make an Apozem, of which take three or four ounces at pleafure, though the Fever be violent.

Mirginia Trout to Make: This, as it is usually done, is only the cutting off the Heads of pickled Herrings, and the Bodies being layed twenty four Hours in Water, wash them, and feafon them with Mace, Cinnamon, Cloves. Pepper, and a little red Saunders; then mince fome Onion and Lemon-peel, feafon them with Mace, Cinnamon, Cloves, Pepper, and a little red Saunders; then mince fome Onion and Lemon-peel. strip a few pickled Barberries. and fprinkle them on between each Layer of the Fish : and when they are thus ordered. put in a pint of Claret, and tye on a double wetted brown Paper on the Pot, and fo fet it in the Oven with Housholdbread; and being drawn and sooled, they will look as red

as Salmon, or Trout, tast curioully, and eat altogether as well.

Wicers in the Break : Take Millepedes, otherways called Wood-lice, or Sowslice, wash them clean, dry them with a Linnen-cloath, and beat them very well in a glass, or marble Mortar, and press out the Juice that comes from them: and if the Mass be too dry, you may agitate with them a little Whitewine, or Ale, which penetrating and foftening them, the Liquor may the better part with its Juice : Half a dram of which take in two spoonfuls of Whitewine fafling in a Morning.

Alicers to Cleanse: Take four ounces of Turpentine, and wash it in Scabeous-water, the Yolks of two Eggs, and an ounce of Barly-meal, Saffron, Sarcocol, Mastick, and Frankincense of each half a dram: bruise and mix them well together, and make them a Plaister, with the addition of clarified Rosin, Honey,

and Oil of Roles.

This being applied, not only cleanses Ulcers, but ingenders in them new Flesh where it is wasted, and makes, after the Cure is past, the Skin smooth again.

Allters External to Take the gross Stalks of red Colwort, dry them pretty well, then put them into an earthen refining Pot, or fuch-like, and put them on a hot Fire, till they are reduced to Ashes, and apply those Ashes to the Ulcer, or take the green Bark of an Oak, chop or bruise it very small; pour upon it Lime-water freshly made: let it insuse till the Liquor has a duskey colour; and with this Water wash the Ulcer twice a Day.

Micer in the Mouth: To remedy this, Take a pound and a half of white Sugar, the Juice of Pomgranates clarified a pint: mix these well over a gentle Fire, and bring them to the consistence of a Syrup, and gargle the Mouth with it, also the Throat, as far as may be, very often, and it will bring away the Corruption, and Cause the Sore to heal: It is aftringent, and also strengthens the Sto-

mach.

one dram of Corrofive Sublicemate, reduce it to fine Powder, and dissolve it in a quart of fair Water, suffering it to lye there four or five Days in a light Digestion; then drop in it as much Sal-armoniack, or as much Oil of Tartar per Deliquiam as will precipitate it all; then filter it carefully, and keepit close stopt for use, wiz. To dip Pledgets into it, and apply them to the ulcerous Part once, twice, or thrice

a Day, as you fee occasion.

Micus

Micus alteri : Take Afphaltum, or the true and choice Birumen Judaicum, reduce it to a curious fine Powder, and take of it about a dram at a time in any proper Vehicle, once or twice a Day, as you fee occasion.

Mmble-Bafty: To make a Pafty, or Pye, after the neweft fashion. Cut the Umbles in fmall pieces, and do the like by fat Bacon : mix them together, and feafon them with Pepper, Salt, and Nutmeg, fill your Pasty, or Pye, with the Materials, having a little stript Thyme, and shred pieces of Lemon scarter'd among them; then cover them with flices of Butter and Bacon very thin, and close it: let it foak well in the Oven. and when it is drawn, beat up Butter with Claret, Lemon, and stript Thyme, and serve it up hot.

Timble = 19 pe : Make a Laying of minced Beef-fuet in the bottom of your Coffin, or Slices of interlarded Bacon; cut the Umbles in pieces as big as fmall Dice, and your Bacon in like form, feafon it with Nutmeg, Pepper, and Salt, and fill your Pye with it, and close it up with flices of Bacon and Butter: when it is enough, pour in at the place you have left vacant. Butter and Claret beat up together, and fo ferve it up at the Table whilst it is hot. Be fure it be well baked, or it is altogether spoiled.

Unguent for St. Anthonp's fire: Take Vervine. Pimpernel, & Bettony, of each a handful; bruife them, and put them into three pints of Whitewine; boil them in a fined Vessel, if possible, then strain them, and fet the Decoction over a gentle Fire again in a glazed Veffel: then take washed Turpentine three ounces, Rosin one pound. new white Wax four ounces: when these are melted, and well mixed, add to them Maflick-powder one ounce, and the Milk of a Woman that has born a Male-Child two ounces: make these into an Unguent, or Ointment, over a gentle Fire, and anoint the Party afflicted with this hot Diftemper, often bathing it in, and it will repel the Heat : It is also very necessarily used for Fistula's, Cankers, and hot Swellings in the Joints and Sinews.

Anguentum Agpptiacum : Take Verdigrease five drams, good Honey fourteen scruples, strong Vinegar seven scruples: boil them together till they incorporate to the thickness of an Unguent, and be of a purple colour.

This forcibly cleanfes inveterate Ulcers, and confumes proud, fpongy, and

dead Flesh.

Take Ceruse four ounces, Litharge half an ounce: let them steep a while in Rosewater, then put them into a Mortar, and by degrees pour in so much Rosewater as they can conveniently soak up, continually stirring them till they are formed into an Unguent; then add a little Whitewine-Vinegar, and of Camphire one dram and a half.

This Ointment is very cooling, it affwageth Pains occationed by Heat and Inflammations, heals Excoriations, and takes away Scabs, and the

Itch.

Unquentum &poftolozum: Take Turpentine, white Wax, Bees-wax, and Rosin, of each fixteen scruples; Opopanax, and Verdigrease . of each two scruples; Amoniacum fixteen scruples, long Aristolochia, and great Incense, of each' fix fcruples; Myrrh, and Galbanum, of each three Scruples : Bdellium fix scruples, Litharge nine scruples; Olive-oil two pound: mix the Litharge with two ounces of the Oil, and let them fland five Hours; then boil it gently till it be as thick as Honey, keeping it continually ftirring. and take it from the Fire, putting in the Wax and Rofin, being diffolved with the Oils: then whilft it is cooling, put in the rest of the Gums dissolved in the Vinegar, boiled and incorporated with the Turpentine, then the Aristolochia, Myrrh, and a little Frankincense finely powdered, and sprinkled on the rest; then make the whole Composition into an Ointment, the Verdigrease being put in last.

This, by detertion, purgeth and cleanfeth Wounds, and dangerous Ulcers, also Fistula's, wasteth dead Flesh, and

encreafeth the new.

Mnauentum Jureum : Take yellow Wax fix ounces, the best Olive-oil two pound, Turpentine two ounces, Rofin and Colophonia one ource and half, Olibanum, and Mastick, of each one ounce; Saffron a scruple: dissolve Wax in the Oil, and fo putting in the rest finely bruised, make an Unguent; and when they are all well incorporated, take the whole. Mass from it, and put in the Turpentine, flirring it about that it may diffolve and imbody with the rest.

This is excellent in fresh Wounds, and makes them

speedily heal.

Anguentum of St. Cofme and Damian: Take Bettony, Pimpernel, and Vervine, of each a handful; flamp them, and pur them into five pints of Whitewine, boil them together in a tin Veffel to the confumption of a third part; then strain out the Liquid part, and fet it over a gentle Fire again in a glass Vessel; then take Turpentine washed fix ounces, clarified Rofin a pound, new white Bees-wax four ounces: and when they are melted together in the same Glass, or Pot, add to them an ounce of the Powder of Mastick, of a Woman's Milk, who has newly born a Male Child, and another a Female-Child, of each two ounces: make them into an Unguent, by incorporation, over the Fire.

This wonderfully availeth for Wounds, or Bruises in the Sinews, as also Cankers, Fistula's, and St. Anthony's Fire, the grieved Places being ba-

thed with it hot.

Unquentuin Enulatum: To make this, Take the Roots of Elecampane fod in Vinegar, and bruifed, one pound; Hogs-lard, and Olive-oil, of each three ounces; new Beeswax one ounce, Quick-filver extinct, and Turpentine washed, of each two ounces; common Salt beaten half an ounce: mix the Lard, Wax, and Oil well together, by melting over a gentle Fire, then add the Elecampane Quick-filver, and Salt and then the Turpentine, [take care to kill the Quick-filver with a little Greafe, and Turpentine,] and so mix them well to the thickness of an Ointment.

It is an excellent Ointment for Scabs, Itch, Scurf, Breakings-out, Botches, or the

Unquentum Dopuleon : Take the Buds of Poplar freshly gathered one pound. macerate them in three pound of Hogs-lard prepared, for the space of two Months: then take of the Leaves of red Poppey, and those of Mandrake, Henbane, and the tender Crops of Black-berry. Bramble, Night-shade, Lettuce, Stonecrop, Housleek, great Burs, and Penny-grafs, of each three ounces; Whitewine a pint : bruise them. and mix them with the Buds of Poplar, and fet them in a warm Place eight Days: then add a pint of strong Vinegar, and boil them till it be confumed, which may be. known by casting a little of it on the Fire; then strain it, and keep it close for use.

This Unguent is good to asswage the Burning of the Fever following the Ague, Heat afflicting the Brain, Parts of the Head and Kidneys, by anointing those Parts with it where the Grief is predominant; and the Temples being anointed with it, mightily

provokes Sleep,

Unguentum Mulpinum : Take a Fox, and draw our the Intrails, and take Sage, Rosemary, Juniper - leaves, and Berries, Dill, wild Mar-

joram.

ioram. Lavender, and Chamomil, of each half a pound, framped and well bruifed in a stone Martar; and the Fox being cut in pieces, put him with the Herbs into a Veffet of eight gallons, add two quarts of Olive-oil, and a pint of Neats-foot-oil, Calves and Deers-fuer Badgers greafe, and Goofe-greafe, of each a pound and a half; Water, with Salt dissolved in it pretty ffrong, three quarts, and as much Malmfey, or Mallaga: boil them till the Water and Wine appear as confirmed and that the Flesh and Bones of the Beaft be separated afunder : then press it hard through a Linnen-cloath.

This is a foveraign Ointment for all manner of Aches, and to restore the Limbs and Toints lamed through the Pains

of the Gout.

Unicorn Stone : This is of very great Virtue. It is mostly found in Germany Moravia, Saxony, and Silefia, in fubrerraneous Caverns, where Nature has lav'd it up for the use and benefit of Man. It is drying and binding, and stops all manner of Fluxes of the Belly, Gonorrheea's, Bleeding at the Nose, Hepatick Flux. and all other Fluxes of the Blood, by strengthning the Stomach, Heart, and vital Spirits. It is also profitable against the Apoplexy, Vertigo, Falling-fickness, and di-

vers other Difeafes incident to the Head and Brain, the levigated Powder being given to a dram, or four scruples, in any convenient Liquid. It is also good against the Pestilence and Plague, and all manner of malignant Fevers; likewise the Meastes, Smallpox, Purple, or Spotted-fever, de. It is also held powerfully to refift Poison, whether inwardly of outwardly injurious, the Biting of Serpents, or any other venomous Creature, by caufing a gentle Swear, and driving the Poifon from the Heart. It is good against Faintings and Swoonings, and Passions of the Heart, Heart burning . and Palpitation, the Difease of the Viscera, by absorbing the acid Humours, when daily taken from half a dram to a dram, for a certain time. in some proper Cordial-water, or Wine.

two drams of Henbane feed, and as much of white Poppy-feed: mix them, after they are well bearen, with an ounce of the Conferve of red Rofes, and of that take faffing, as near as you can, the quantity of a Walnut. Or.

Take Plantane-leaves a confiderable quantity bruife them, and press out the Juice, do the like by about fix ounces of Comfrey-roots, sweeten it with a little fine Sugar, and

drink

drink it up, and you will foon find a restraint of Bleeding, though it come from several Parts.

To flay this, when excessive and dangerous, many times caused by Worms in the Stomach, Take dried Rue, and Frankincense, of each a dram; heat them to a fine Powder, and give it them in a Glass of Rhenish, or Wormwood-Wine.

Take the Rind of the Root of an Elder-tree, bruife it, and steep it in Whitewine all Night, so that the Wine may be very strong of it; drink off the Wine only luke-warm the next Morning fasting, and it will gently cleanse the Stomach and Belly.

another: Take a pound of the green Husks of Walnuts, a pound and a half of the Roots of Garden-Radifhes, a pound of the green Leaves, fix ounces of Alarabacca, and four ounces of Radifh-feed; pour on them three pints of Whitewine-Vinegar, and let them digest a Day or two: then distil it in a glass Vessel in hor Water.

Two speenfuls of this will cause a strong Body to vomit; therefore those that are weaker, may take only a speenful, or one and a half, to prevent any over-

firaining that it may occa-

Take Spearmint-water four ounces, Syrup of Quinces two ounces, and Cinnamon-water two drams. Take of this two or three spoonfuls at a time.

ther: Take about half an ounce of Gloves, bruile them grofly, put them into a pine of Ale, with half an ounce of Lemon, or Citron-peel, boil them over a gentle Fire to the confumption of a third part; and then drink it cold, when strained, adding a spoonful or two of the Juice of Sage.

ther: Take bruifed Cinnamon two ounces, rectified Spirit of Wine a quart; infuse them four Days in a large Vessel very close stope, shake it twice or thrice a Day, and dissolve a-part half a pound of Sugar-candy in a quart of Rose-water, and so mingle the Liquors together, and put to them four grains of Musk, and half a scruple of Ambergrease.

This mightily relieves the Stomach when oppressed with Cold, or Blegm, and consequently stays Vomiting. It is also good to stay the Looseness, ease the Pains of the Colick, and other griping

Mrin

Mrin Wihite as Clay: This denotes an ill Digeftion. a bad Stomach, and a bad Liver, and if in it there appears any shining Beams, it denotes an Impostume in the Milt. or if the Urin be white as Whey, thick and little in quantity, it betokeneth the Elux To Remedy this,

Take Grommel, Saxifrage, Parsley, and Sage; then boil them in stale Ale, and drink the Liquid part Morning and Evening. You may use them also in your Pottage, shred in the nature of Pot-herbs.

Brin to Stop : If the Party cannot contain the Urin, Take the Roots of Malepeony, yellow Amber, red Coral, and choice Gum-arabick, of each a sufficient quantity : reduce them to a fine Powder, mix them well, and let the Patient take from ten to twenty grains twice a Day. Or this, viz. Take a spoonful at a time in any convenient Liquid.

Mrin Stopt: Take the Roots of wild Garlick, by fome called Crow-Garlick, wipe them clean, but do not wash them : bruise them very well in a ftone or glass Mortar; ftrain out the Juice, and putting it into a glass of Whitewine, drink it off upon an empty Stomach, taking it once or twice a Day, and you will find great Benefit

thereby.

Urin Stopt, another : Take Oil of Walnuts, put it into a Frying-pan, then put into it some Chervel picked well from the Stalks, and apply it pretty warm poultiswife to the Navel : or, if need be, to the Os pubis, or Share-bone. For want of Walnut-oil, you may do it with Hogs-lard.

Wrin Dtopt , another : Dissolve a little of the best Spanish Soap in half a pint of Whitewine, and pass it through a woolen Filter, or Strainer; put to it by infusion five or fix grains of Saffron, divide it into two Doses, and take one two Hours after the other, especially if the first does not operate well: but if it does, you may stay a longer time. This, by the way, is taken for Urin that is not very obstinate.

Urin Dtopt, another: Take the Powder of a Stag's Pizle a dram, Crabs-eyes calcined the like quantity; the Juice of Garlick, or strong Onions half an ounce; Burdock-root finely fliced a quarter of an ounce; Powder of Steel half a dram; Bay-berries well bruised an ounce. Harts-horn Shavings a quarter of an ounce, and two drams of the Shavings of Ivory: boil or infuse these over a gentle Fire in a pint of Rhenish Wine, strain out the liquid part, and let the Party drink

half a pint as hot as Milk new taken from the Cow, Morning and Evening, or oftner, if the Stoppage be great, and it will remove in a little time the Obstruction, and cause a free Passage of

Urin. ere.

Offquebaugh: To make this the right wift way, who were the first Inventors that we can hear of : Take two gallons of rectified Spirit, half a pound of Spanish Licorice, a quarter of a pound of Raifins of the Sun, three ounces of Dates fliced, the Tops of Thyme and Baum, of each a pugil; the Tops, or Flowers of Rolemary two ounces, Cinnamon and Mace well bruiled, of each an ounce; Annifeeds & Coriander-feeds bruifed likewife, of each two ounces; Citron, or Lemon, and Orange-peel finely fcraped, of each half an ounce : let these infuse in a warm place forty eight hours, with often shaking together, and somewhat, if it may be, encreafing the heat; then let them stand in a cool place for the space of a Week, fweeten it with Sugar-candy, and fo draw off the Liquor, and press out the Liquid part that remains in the Ingredients. For a weaker fort, put

other Spirits to them, and do as before.

This is not only pleafant to drink, but moderately taken greatly preserves the Lungs against cold Distillations of Rheums, and other Defects that afflict them, and encline them to Consumption. It lengthens the Breath, cheers the Heart, and keeps out ill Airs occa oned by Datups and Fogs, &c.

ply to the Navel a pretty large Cupping-glass, but suffer it not to continue too long on, a quarter of an Hour being the longest, for fear of injury, especially to the Na-

vel String.

Coriander-feeds, and Rue, in Powder, boil them in Mint-water, and fweetening it with a little Sugar, often gargarize the Mouth, and it will be remedied.

bluish Belar's: Take bluish Pease, or, for want of them white ones, chew them so long till you reduce them to the consistence of a Poultis, and lay em warm on the Crown of the Head to the breadth and thickness of a Crown piece, shifting it for fresh ones when you rise, and go to Bed.

blighten to be the service of the service of

Minut = Water : Take green Walnuts before they have any hard Shells in them, two pound, Rue, and Cardnus, of each a handful; Roman Wormwood. and Baum, of each half a handful: bruife all these together, and infuse them in a gallon of Mallaga, draw off the Water in a cold Still, and keep it close stopt for use.

An ounce of it at a time Morning and Evening, expels Vapours, keeps out infectious Airs, restores Appetite, and causes good Digestion; creates a fresh and lively Countenance, and removes Pains in

the Stomach.

Mainut-Water, another : Take Walnurs with the green Husks on, before they come to a hard Shell, one pound and a half, Roots of Radi-Thes the like quantity, green Afarabacca fix ounces, the Seeds of Radishes four ounces : bruise and infuse them in three pints of Whitewine-Vinegar for three Days, and then distil them in a leaden Still till all the moisture be exhaufted.

ing, and it fortifies against the Infections of evil Airs, raw Damps, or Fogs, and purifies the Blood.

Walnuts to Pielerbe : Take green Walnuts before they have contracted a hard Shell under them, pierce them with a Needle, and boil them in three or four Waters to take out the bitterness; and when they are tender, to twelve pints of the last Liquor put twelve pints of ordinary Sugar; boil it up, and clarifie it with Whites of Eggs: then strain it, and boil it to a Syrup; and flicking fome Cloves, Mace, and Cinnamon, in the Nuts, put them into the Syrup when cold.

Thefe Preferved Walnuts are very Cordial, Pectoral, and Stomachical: they strengthen it, and cause a good Digestion, and are excellent in Fluxes, and Loofeneffes; also, an Antidote against the Plague, and all poisonous and pestilential Diseases. t with sino c

Clarts: Take May-Butter, melt it in a moderate Heat, mix it well with as much Oil of Tartar, per deliquium, as will Take an ounce or two of cause a sensible, but not conthis Water fasting in a Morn- siderable strong Tast, and

make it into an Ointment; and with it often anoint the Warts as hot as you can well endure it, and they will either

fink, or peel off.

these, Cut off the Warts, or Knobs of the black Elder, and Mallows, of each three ounces; of the Syrup of Comfrey one ounce: let the Party take four spoonfuls immediately, and so continue to do four or five times a Day.

Marts to Bemobe: Wash the Warts often with the hot Blood of a Pig, suffering it to dry on them; then wash it off with Lye of Woodashes, and lay on a Plaister of Elder-bark mixed with Oil of

Turpentine.

Wiash: If you would have your Skin of a fweet and fragrant Scent, Supple, and of a lively Colour, Take Baum, and Hyslop, of each a handful; the Bloom of Peaches, and Garden Musk, (a Herb fo called;) infufe them with an ounce of Frankincense beaten to Powder, and four drams of the Oil of Spicknard in two gallons of fair Water, over a moderate Fire: strain them, and wash your felf with it, or make a Bath of it; and it will not only render you amiable and charming, but contribute to the fettling a healthful Con-Aiturion:

two handfuls of Scabious-flowers, of Smallage, Bay-leaves, Pennyroyal, and Chamomil, of each a handful; the Powder of Myrrh half an ounce, Harts-horn two ounces: bruife the Herbs, and put them to infuse in two quarts of Mallaga; then diffil them, and let the Party drink two ounces of it Morning and Evening.

It is excellent good for internal Bruiles, or Hurts; also, for Spitting of Blood;

and Inflammations.

you are troubled with a Canker in the Mouth, &c. Take Sage, the Bark of Elder-Tree, Comfrey, Sorrel, and Endive, of each two handfuls: stamp, and strain them, when infufed twelve Hours in two quarts of Whitewine, gargle your Mouth with it, or anoine or wash the Place with it elfewhere, and it will make it at a stay, and in a little time heal it.

Take Roses, Bettony, and Elder-flowers, Sage, Ghamo-mil, and Marjoram, of each four handfuls; Lavender, and Wheat-bran, of each two handfuls: boil them in about two gallons of fair Water. With this bath your Forehead and Temples, and put your Feet into it, as into a Bath, as hot as may be

and then repose your felf after it, keeping warm, taking inwardly a quarter of a pint of Mint and Bettony-water. And in fo doing twice or thrice, the Pain in the Head will cease, and the Brain be

much comforted.

Mater for Beat : For Heat or Pimples in the Face. or hot Inflammations in the Eyes, take this recommended Water. Take white and red Rose-water, of each a pint : Tutty-frone in Powd r, Aloes Epatick, fine Sugar, and Rofemary flowers, of each an ounce : put them in a double Glafs, and place them in Balneo Mariæ five or fix Days, yet frequently, in the mean space, move and shake them together; then with the Water wash your Face, Eyes, and other Parts inflamed or breaking out with Heat, and it will, by a constant use, remove it, and make the Skin beautiful.

Water to cool the Liber: Take Barberry - leaves, and Wood-forrel, of each two handfuls; Plantane-roots, and Leaves, a handful: Mellonfeeds, Borrage, and Comfryflowers, of each an ounce: bruise them well, and infuse them in a gallon of Springwater; distil them in that Water, and drink a quarter of a pint of it falting, with the Syrup of Limon, Citron, or Violets, and walk about a while after the taking there-

Water for the Plague: Take a pound of Celandine. Rosemary, Baum, Mugwort, Rue, Pimpernel that is found amongst the Corn, Dragons, Mugwort, Scabious, Agrimony, Bettony, Angelica, Pellitory of Spain, Carduns, Marigold-leaves and Flowers. Borrage-leaves and Flowers, Rosa-folis, Fetherfew, Pellitory of the Wall, red Sage, Serwell, Mother of Thyme, Devils-bit, and Tormentil, of each good handful, with h few Sprigs of Rue, and Walnut-leaves, or green Walnuts bruised : bruise them well. and let them infuse in a sufficient quantity of Whitewine three Days, and as many Nights, keeping the Pot they are in very close, yet often shaking it, that the Ingredients may move in the Wine: then distil the Wine & Herbs. and fet the Water that is drawn off close stopped in glass Bottles, where the Sun may come to them.

The best time of distilling this Water is in May, if the Materials, by reason of the forwardness of the Spring. may be had fo early. Ten spoonfuls of it may be taken Blood-warm, to prevent the Plague: and this must be done when the first Symptoms of it appear. And upon taking it, walk about till you

Iweat again, for the space of them when beaten, mixed, an Hour, not eating or drinking after it for the space of two Hours, or more; and then go to Bed upon it. If it chance to cause you to Vomit, it is a fign it has taken the better Effect.

This is also good against Agues, or any infectious Difeafes of the Stomach, being taken before the Fit. or Infe-

ation too far feizes.

Water for the Stone : Take Saxifrage, Pellitory of the Wall, Mother-Thyme, green Sage. Radish-roots fliced, of each of them a handful: steep the Roots & Herbs a Night in Milk, and the next Morning distil them.

Two fpoonfuls drank fafling, with as much Whitewine, is good also to provoke Urin, and prevent Stop-

pages.

Mater for Micers : To cleanse Ulcers, use this Water as the most Excellent, viz. Take red Rofe - water, and Plantane - water, of each a pint; the Juices of Housleek. Night-shade, and Pimpernel, of each two ounces; red Rofes half a handful; Myrtle and Cyprus-nuts, of each half an ounce; the Rind of a Pomegranet three drams; St. John's-wort half a handful. Flowers of Mulleyn a pugil, Myrrh and Frankincense, of Roses four ounces: distil red Roses two ounces, Pom-

and well infused : and of this Water take a pint, and diffolve it in fix ounces of the Conferve of Roles, and one ounce of the Syrup of dried Roses, with twelve drops of the Oil of Sulphur: when it has infused a while, press out the Liquid part, and wash and bath the grieved Place with it often, and it will heal it.

Meabnels after Deliberp: Take Syrup of Violets half an ounce, and as much of Citron-fyrup; and to thefe two drams of the Powder of Rhubarb, and an ounce of Treacle-water, with as much Diafcordium diffolved in it as will lye on a Groat; and to thefe add half a pint of Hyflop-water : let the Party take an ounce at a time, and after it some Broth, or warm Posser-drink ; the Woman likewife taking great care of her felf after it, for fear of catching cold, by her too timely riling , or fliring : for then the Cold has opporrunity to penetrate and ferrle in the open Parts of the Joints, causing Numbness and Pains in the Limbs; and fometimes by fuch violent Intrufions. ferments the Blood to a Fever. And if any fuch thing unfortunately happen. Take the Powder of Elecationane each a scruple; Honey of an ounce, the Conserve of

granet:

granet - feed powdered an ounce: decort them in Whitewine, and drink it warm.

Meakness to Bely: Take the Powder of Vipers an ounce, Diaphoretick-Antimony half an ounce, clear yellow Amber two drams, Sugar the weight of all that have been mentioned before, and fine Starch the like quantity: make them into a Past with Spirit of Wine, and then into finall Cakes, of which one may be a fufficient Dose.

This is fuccessfully used to strengthen the Blood, and to strengthen those that have been, or are weakned with

Sickness.

Mesknels of Stomach : Take Baum and Mint, boil them in Whitewine with some Rosemary-tops or Flowers, and Peeling-off of a Lemon, and drink a quarter of a pint of the Decoction half an Hour before Meals. Or for this. Wormwood and Gentian infused in your Drink, is very much available.

Meb in the Epe: To remove this Offence of the Sight, Take Shell-finails, and burn them to Powder, beat it fine, and fift it; add to it the Powder of Cuttle-bone : put these into Alom-water wherein Honey is dissolved. and fhake them about : when the Water is thick with the powder, drop fome of it into the Eye with a Feather, the Wine upon them, rowling

keeping the Lids closed a while, and turn your Eye to and fro that it may fret off the Film, or Skin that hinders the Sight: and in often so doing, it will wear it

Wen to Cute: Take a Lime-frone, and flack it in fmall Soap-lees; then mix it with a little Soap, spread it as a Plaister, and lay it to the Wen, and anoint it often with the Lees the Lime was flaked in, and it will fink and

destroy it.

Whitepot to Make : Take two quarts of Cream, or new Milk, put in half an ounce of Mace, a piece of Cinnamon, and half a Nutmeg fliced; chip off the Crust from a Penny White-loaf, flice it very thin, and lay the Slices in the bottom of a Dish, cover them with Marrow, and put the Yolks of a dozen Eggs to the Cream, or Milk, well beaten with Rose-water, and fweeten it with Sugar : then take out the Spices, fill up a broad Bason, in which the Bread and Marrow is layed: bake it, but not in too hot an Oven: and when it is enough. fcrape white Sugar over it, and ferve it up.

Whitelpine that has loft, Colour: To recover this, Rack it from the Lees, and if it be a faint tawny Wine, put in Coniack-lees, putting

them

them over, and beating them: and in the space of ten or twelve Days rack it off, and it will be of a white Colour, and drink very brisk.

Colour: Take three or four gallons of new Milk, or lefs, according to the quantity of your Wine, put it into the Hoghead, and rowl it to a good mixture: then letting it fettle, open your Rung, and put in three or four ounces of Isinglass, and as much Loaf-sugar; then fill up the Hogshead, and rowl it three or four times over: and so bring it by that means to a colour and sineness.

vour Whitewine to Ment: If your Whitewine have an ill Tast, draw it half off, and to either of the halves put two gallons of Morning's-Milk, a handful of Rice; and as much Bay-salt: mix or beat them well together with a Paddle-staff for half an Hour, then fill up the Hogshead, and rowl it well, and turn it over in the Lees; and so you may broach it in two Days, and it will drink very pleafantly.

To make this, Take Crocus-Metallorum in Powder one ounce, Mace in Powder, or grofly bruifed, one dram, Spanish Wine a pint and a half: infuse the Crocus and Mace in the Wine a considerable time, and then pour off the Liquid.

This is a very good Vomit, and more frequently used than any other; and among others it is used with great success in curing the Dropsie, Jaundice, Phthisick, and Diseases in the Head; also, in the beginning of Fevers, and before the coming out of the Small-pox. It must consequently in these Cases do a great deal of good by freeing the Parts from the peccant Humours.

The Dose is half an ounce, an ounce, or an ounce and a half at a time: but the Age and Strength of the Patient is in these Cases to be considered. And the best times to take Purges is in the Afternoon, having first eaten a light Dinner.

Mine of Cherries: Take out the Stalks, and the Stones of your Cherries, bruise them with your Hands clean washed, or a wooden Ladle; and after twelve Hours fermenting together, strain them through a Napkin, press out the luice into an earthen Stein; and after you have taken off the Scum and Froth, cover it close: and when it is fettled, pour it off by inclination to ferment in your Cask with Sugar, and this will give it a deep Colour: then bottle it up, tye down the Corks to prevent flying out;

Z 4 and

and in ten or twelve Days

This is a great cooler, chears the Heart, and revives decaying Nature; is good against Firs, and violent Pains in the Head. It is But Note, This is meant of the best red

Cherries,

Wine of Currans : Take pound of Currans, pick them clean, and wash them well, and purting them in an. earthen Vellel pretty deep, of fair Water very hot, in which three foonfuls of new Ale-yeast has been dissolved then flop it up close about fixey Hours, that it may work. and ferment: and as foon as you find it to your liking, let it run through a Strainer to leave behind the exhausted. Gurrans and Yeast, and so bottle it up, and it will be exceeding quick, and pleafing in Taft.

This is not only pleasant to drink, but advantagious to the Body fundry Ways: for it cools the Liver, cleanses the Blood, and is taken with good facces in all hot Diseases.

ounce of Road-slom, and powder it, draw from the Hoghead four gallons, then frow the Powder of Allom in it, and beat it well for half an Hour, then fill it up, and fet it on broach: and by this means, within three Days, if

you be careful not to let it take yent, you will find it a curious Wine.

White ABedicinal & Take the best old Mallaga a quart; Rhenish-wine arpint Haum, Rue, red Sage, Maiden hair and the Leaves of Germander of each an ounced bruile and boil them gently in Wine till athird Part be confumed; then add Pepper Ginger, and Nurmeg, of each three drams : beat them well, then put to them an ounce of Revice-Treacle, and a quarter of a pint of Angelica and Saffronwaters: and having wall boiled them, frain out the Lie quid part, and drink whalf a quarter of a pint Motning and Evening, per officer, if you fee occasion, and it is excallent good against the Infedions of the Plague, Mea-

Catarrhs, &c.

Catarr

fles, Small pox. and Sported.

fever; also, to prevent the Infections by ill Airs affli-

ching the Lungs by Coughs.

this, Take a course Linnenclosth, and place it before your Bore when you have fet it abroach; then put in your

Linnen,

Linner, and rock it in a dry Cask: then put in five or fix ounces of powdered Alom, and numble them well together and fo upon fettling, it will be fined down, and become a very clear and pleamal ro .. Cont Wine

Mine to Beent Well : Take two ounces of Brunfrome, and half an ounce of Calamies, mix them well to gether in a pint and a half of Borrage water, melt the Brimfrome in a Pan, and add the refle to it, and die in fo many Linnen-cloaths as will foak it up, and put them into the Hoghead then take out your Ashes, and rack your Wine, and so put into it a pint of Rosewater, and rowl it well half an hour, it being Mapy down close: after which. her it lye fill two Days; and by this means, this, or any other Gafcoin, or red Wine, will have a very pleafant Scent.

offine of Douils : Take the Roots of white Mountainfquills feafonably gathered, flice them, and lay them a drying for a Month, and put a pound of them into a glass, and pour on them four quarts of good old Whitewine; infuse them for the space of forcy Days, and then take out the Squills.

This is likewife a gentle Vomit, but most commonly

or the Bleffed Wine; fo that an ounce of it may be taken with half an ounce of the other.

Mines Wicious to Me= tiozate: Take a pint of clarified Honey, a pound of Water wherein Raisins have been fleeped, half a pint, and a quarter of a pint of Claret, or Whitewine, as to what you propose it to : boil them over a gentle Fire till a third part be confumed, fcum it continually in the boiling, and put it pretty hot into the Wine, and let it fland with the Bung out; then put in a Bag of Spices, and it will fine either new or old Wine that are fouled or decayed, and give them a curious Smell, or Taft; if when it has refled five or fix Days you add white Mustard-seed bruifed hang it in a Canvasbag.

Cloman in Labour: Take of Cinnamon finely powdered one dram. Amber likewife finely powdered half a dram; mingle them in a quarter of a pint of Claret, and let the Party drink it.

This is accounted a most approved Medicine to help a Woman in the time of her Travel, and cause an easie and fafe Labour.

atomb to Cleanle: Take a large old Onion, the whitest that may be, cut it in pieused with Vinum-Benedictum, ces, and boil it in a pint of

Water very fost : strain and press it, and take about a quarter of a pint of the Decoction at a time, putting thereto an ounce of the fresh Oil of Wallnuts, and the expected Effects will be com-

pleated by it.

Morn in the Bead: If any Worm, or Earwig, has crept into the Head whilst you fleep, to destroy, or bring it away, Take three or four Cloves of Garlick, flamp them in a Mortar, or any other conveniencent Utenfil: then lay them in clean Water to foak a while, and fo wring out the Juice with a clean Cloth, and put a few drops of the Liquor into the Ear; and it will either kill the Worm, and work it out with the Wax, or cause it to come out at the Nofe. It is also good for Noiles, and Dizziness in the Head, and brings away the Furr and Scurf that many times causes Obstruction in the Hearing, and much leffens it.

Mozms: Take Rhubarb a dram, Wormwood half a dram, Coralline a fcruple, Currans four ounces : beat them to a Conferve, and mix it. with Syrup of Violets till it becomes an Electuary, and give the quantity of a Nutmeg in a Morning fasting, dissolved in a little warm Ale,

or Wine.

sherbers to be of excellent use to kill Worms in Chil. dren.

Malorms in the Teeth : If you find, when you put hot things in your Mouth, fomething to ftir in your Teeth, or Gums, Take black Pepper a quarter of an ourice, bear it to Powder, and fift it finely; then put it into a quarter of a pint of Whitewine, and boil it over a gentle Fire: then take some of it, and hold it as hot as may be in your Mouth, and it will make those that can. crawl out, and kill those that are imprisoned, whereby the Pain and Defect, thereby occasioned, will presently ceafe.

Majorms in Children: Take the green Husks of Walnuts, Rue, and Baum, beat them very fine, put as much Sugar to them as will make them into a Conferve; and to make them themore pallatable. let it be taken in two or three spoonfuls of Ganary, to the quantity of a large Hazle-nus at a time.

Man Dood : This Excellent Herb is under the Dominion and Government of Mars. Its Virtues are very fingular, viz.

It is good for Inflammations of the Liver, and Stomach, and profitable for those that are fick of the Dropfie, the This is noted by Dr. We- Leaves being made into a Confection Confection with Sugar. It is of a reftringent quality, bitter, and sharp, altogether being hot; it is comfortable, and drying; and therefore it purgeth downwards. and driveth into the Urin and Excrement all cholerick Humours; it principally comforteth and fortifieth the Heart and Stomach, being infased in Wine. The Tops of it, and Roots of Dandelion decocted in Water, are powerful Expellers of the Humours that occasion the Jaun-The Juice of Wormdice. wood, wherein the Kernels of Peaches are bruifed and infused, kill the Worms in any Part of the Body. The Conserve of it taken fasting. preserves from Drunkenness. sharpens Appetite, and is a fovereign Remedy, for those that are troubled with Stuffings or Stoppage of the Stomach, if the Juice thereof be drank with Whitewine, or Vinegar: mixed with Milk and Honey, it is good to rub those that are afflicted with the Squinsie. The Fume of the Decoction, the Mouth, or Ears held over it, easeth their Pains; and being infufed in . Wine of Railins, it ealeth the Pains and Pricking of the Eyes, they being wafhed with it. Being mixed with Oil of Roses, and a Stomach that has been long weakned, anointed therewith.

it mightily strenghthens it. With Figs, Vinegar, and Darnel-Meal, it is good, applied outwardly and inwardly, against the Dropsie and Spleen. Dried and powdered, it defends Cloaths from Moths and Worms.

For a continued Dropfie, Take two pounds of the Tops of Wormwood, make it into a Conferve with as much Sugar, and let the Party take half an ounce at a time, three or four times a

Day.

M Moum wood- M Mater : Take two gallons of new Ale, but well fettled, and very clear, a pound of Annifeeds, and half a pound of Licorice; bruise them together very fine : then take two handfuls of the tender Toos of Roman Wormwood, and put them with the other Ingredients into the Ale: let them infuse twelve Hours, and then distil them in an Alembick. The Water will be stronger, if instead of Ale you pur Low-Wines, or Spirits, drawn off decayed Fruit of Grocery-Ware, and Moloffus.

To make this, Take small Rochel, or Campaign-Wine, put into it a few drops of the extracted Oil of Wormwood; mix it well together by brewing: then let it fret, and contract a Body twenty-

four

four Hours, and it will procure by drinking it, a loft Appetite, and much enliven Namre.

atine . Toommood - Willine Shofical : Take of Wormwood well dried, and feafonably gathered a handful, to a gallon of Wine, and put into that, according to propertion, what quantity you please : let it infuse in a close ftoot Veffel till the Wine is sing'd fufficiently of the Wormwood

This Wine is fuccessfully taken to heat and cleanse the Stomach. It is good in the Dropfie, and excellent in the procuring a lost Appe-

Malound-Bleeding : To flav the Bleeding of any Wound, Take the tender Tops of Nettles, bruile them between your Fingers till they have loft their flinging quality; then flamp them together with a little white Sugar, and lay them on the Vound. Or this,

Take fifteen of the smalleft Earth-worms, and a handful of the inner Bark of the Elder, half a quartern of red Wine, and as much Sallad-oil. vis. Oil of Olive, a good handful of the Herb called Mouse-ear, and a piece of fine Sugar, as much new Wax. with a very little Salt : bruife them, and stamp them well together; and having well incorporated them over a gentle Fire, apply them as a Poultis. or Plaister, to the Part from whence the Effusion of Blood-

proceeds

Wedounds Gien : Take Oil of St. John's-wort two ounces. Venice-Turpentine the like quantity, fet them over a gentle Fire, and put to them a little Balfom of Kiel : incorporate them, and keep them as an excellent Halforn for green Wounds of any nature whatfoever.

Mounds to Incarnate: Take the Meal of Orbus. Turty, Opopanax, and round Aristolochia, of each two drams and a half: Hog-fenel half an ounce. Bloodwort Leaves dried and powdered a quarter of an ounce. Floweride lize five drams Myrrh three drams : greater and leffer Centaury, of each two drams : by drying, bearing, and finely fifting make this into a Powder, and mix it with Ointments, or Plaisters, suitable to the purpose, to make Flesh grow up in the Wounds where it has been destroyed. or wasted.

M Mound = Powder : Take Dragons-blood, Aloes, Frankincenfe, Quick-lime, and Copperas, of each a like; incorporate them, and being finely powdered with fome Cob-webs, and Whites of Eggs, apply it to the bleeding

Wound,

Wound, and it will eafily flay the Flux of Blood, prevent Purrefaction, and contribute much to the cleaning and

healing of it.

Manound-Saibe : Take a quarter of a pound of clarified Butter, Virgins-wax half a pound, Turpentine four ounces, and two or three Yolks of Eggs: beat them to Froth, and put to them four ounces of red Rofe-water. and two drams of Sugar-candy powdered and diffolved in the Rose-water : mix these with as much Flower as will make them into a thickness over a gentle Fire, keeping them flirring till they become a Plaister : apply this to green Wounds, or others, that have

not been of too long standing, and it hastens the Cure.

Mainbles to Smooth : Take the Oil of Swallows an ounce, the like quantity of the Oil of Mandrake, half an ounce of the Oil of Pomgranet, and half an ounce of Ews-Milk: incorporate them to the thickness of an ordinary Pomatum over a gentle Fire: then add four ounces of the Cream of Almonds, spread it thin on a Forehead-cloth, or Fillitring, and lay it to the Forehead, or other Part, keeping it up tite and fmooth: and in fo often doing, the Wrinkles will dif-appear, cspecially in a great measure. It also smooths a rough Skin in any Part.

## YA

If a Man's Yard be Imposshumated, let blood, but not over much, either in the Foot or Arm: dissolve Aloes in Whitewine, and dip a Linnen Cloth in it; then bind it about the Yard, and often wash it with the Liquid, and if there be any ventosity, or windiness of the Belly, use a Fomentation of the Decoction of Aristolochia-rotunda; or if the Testi-

## YA

cles be affected with the Impofithumation, Take Bean-flower; Barly-meal, the Leaves of Henbane, of each a like quantity; put to them Oil of Roses, mix them well together, by braying in a Mortar, and apply them as a Cataplasm, often renewing it as the moisture drys up, and wash the Testicles with Rose and Spearmint-water.

If any descending of the Bowels happen upon these or

the

the like Occasion. Take Acacia, and some Cyprus-Nuts, dryed Rue, Bay-berries, Nut-Galls,& Gum-Arabick, of each a quarter of an ounce; bruise them in a Mortar, and sist them into a fine Powder: make them into a Plaister with Bees-wax and a little Hogs Lard; put up the descending Bowels, and apply it to the bottom of the Belly, drinking each morning White-wine wherein Cyprus Nuts have been decotted.

Pard Dinelling: Take the Fat of a Loin of Mutton, about the Kidneys, mix it with the Powder of Puinice-stone, and a little Salt finely burned and beaten to Powder; make a kind of a Plaister, and put it round the Yard, where the Swelling is most apparent, and after that, wash it with the Decoction of Marsh-Mallows, and by so doing twice or thrice, the Swelling will cease.

Parrow: This Herb grows in the Fields, and hath many long Leaves foread on the Ground, and finely jagged and divided into many small Parts: its Flowers are white, and some of them sometimes enclining to red, and stayed in Knots, among divers green Stalks arising from the Leaves; some call it Nose-bleed, others Milfoil: it slowereth about the latter end of August. An Ointment may be made of

it, which is excellent in curingWounds, and is proper for fuch as have Inflammations. It floor the Terms, being drunk in White-wine, when decocted therein; as also the Bloody Flux. The Ointment of it is a good Healer of Ulcers and Fistula's, especially fuch as abound with Moifture. The Hair being anointed with it, it stays its falling off, especially washing the Head before with the Concoction of it. Inwardly taken, it ffrengthens the retentive Faculties of the Stomach: it helps the Running of the Reins, and fuch as cannot hold their Urin. The Leaves chewed in the Mouth, ease the Pains in the Teeth, and isbriefly an Herb of a very drying and binding Quality.

Painting: Where the Party is too much addicted to this, which occasions unseemly Proportions and Features in the Face, Take the Juyce of Housleek, and the Powder of a Frogs Skin in a Glass of Whey fasting, in a morning; or they may be taken in any other convenient Liquor, if you think convenient.

Pellow Colour: If the Face, or any part of the Body be of yellowish Tawny Colour, by Sickness or Defect in Nature, to remove it, and restore a whiteness, Take the Roots of Turnips and Acorns, wash them and distill them in

an Alembick, and a very fine Water will come from them; of this Water let the Party drink sweetened with Sugar every morning for a Month or two together, and wash the Skin or Part, over, with the Water of Fumitory and distilled Eggs, and so the yellowness, or other unpleasing Colour, will disappear, and give

place to/a better.

Pellow Colour to make : Take the yellow Chives in White Lillies, Saffron, and Tartar, steep them in Gumwater, or Buckthorn-berries; when they are dryed, heat them in Water till they fwell, and then press them out, and these afford a pleasant Colour, which with a little Gum Arabick dissolved in it, you may likewife write with, and the Letter being burnished on blue Paper, will appear like Gold, especially if a Shell of Gold be mixed and diffolved with them.

Pellom Jaundice: Take Artemisia, and of Scolopendria, of each a handful, Wormwood the third part of a handful, boil them in new Whitewine, or any that is not sharp till the third part of Three pints be consumed, putting in the Wormwood last; then strain out the Liquid part, pressing it very hard, and having sweetned it with Sugar, let the Party afflicted drink about a quarter of a pint every

morning for Nine days fixceffively, by renewing the quantity, and it will prove of

great Advantage.

Pellow Jaundice: ano-Take Ivy growing round, or twifting an old Oak, when it is flowered, boil the Flowers, Leaves, and tender Bark of the top Branches in Whitewine, of a medium, between fowre and fweet ; infuse half a dram of Saffron in a pint, and let the Party drink it hot morning and evening for a Week or more. if occasion require it : or, if there be a hardness of the Liver occasion'd by this Disease.

Take an ounce and a half of the Oil of Roses, of the Juyce of Wormwood, Oleum Nardinum, and Mastick. of each half an ounce; of the powder of Squinantum, Spodium, Cassia Lignea, and Cauda Equina, of each two drams: make them into an Ointment with Bees-wax, as much as is fufficient to do it, and anoint the Parts nearest to the Liver often with it, as warm as may be, having first bathed the Place with warm Vinegar; your hand, when you bathe it in, being anointed with Oil of Mastick. If the Distemper be far gone, decoct Rhubarb in Beer or Wine, and drink it morning and night, keeping your felf warm in a Bed, or in a ftir-

ring

ring Posture, which is better, for an hour or two after; and in fo often doing, the Humours will be dispersed, and Nature thus helped, cast out the Crudities that occasion

the Diffemper.

Dem Berries: Thefe are excellent good for Pains in the Bowels, Obstructions of the Stomach, and in Fluxes of the Belly , if boiled with White-wine and a little Mace. and being strained, the liquid

part drunk fasting.

Bering to Bemedy: Take the Juice of Quinces, and boil of them and Honey each one pound and half, put to them a pint and a half of Vinegar, and boil them up together; then put in Ginger three ounces, of white Pepper one ounce, and boil them again till they may be made into an Electuary; and take a quarter of an ounce at a time as often as you fee occasion: or you may bruise Rue, infuse it in White-wine with Cum.

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min-Seeds, and drink it fiveerned with a little Honey. This remedies likewise the Hickup. and is good against the Chin-Cough \*\*\* The 1855

Pouth to Dieferbe : Take Oil and Myrrh, of each half an ounce:Oil of Roses a like quantity.Oil of Sweet Almonds two ounces : mix these well together, and anoint the Face and Hands with them, warmed in a Sawcer over a gentle fire:

Take the VVaters of Fumitory mixed with that which is distilled from a young Pig, of each a quarter of a pint : add then the Decoction of Rolemary in VVhitewine. half a pint : and with this wash every Morning when it is gently heated; also gargle your Mouth with it, and it will not only fasten your Teeth, and keep them from aching, but preferve them from rotting, and keep them clean, and very white.

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APPEN

TERMS of ART, and Hard Words, that may be met with in this Work, Explained.

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Acrimony, is a Quality
that is biting upon the
Tongue.

Acid; is a thing very fbarp, viz. Liquids, Herbs, &c.

Agglutinate, to glue toge-

Alexipharmick, refisting Poi-

Alternately, by Turns.

Anodyne, gives ease.

Aperitive, opening.

Aqueous, watry.

Arematick, odoriferous, or

Spicy smells.

Afthma, Difficulty of Breath.
Attenuate, to thin.
Attractive, Drawing.
Aftringent, Binding.

Bluminous, of the Nature of Pitch.

Bulbous, Round Rooted.

Califie, to heat. Capillary, Hairy. Cardiack, Cordial. Caries, Rottenness. Carminative, expelling Wind.
Cataplasm, a Poultis:
Cephalick a proper for the

Cholera A pleasant Evacuation of Choler upward and downward.

Compress; A Linnen Cloth

Concreted, Thickened.
Consolidates, makes found or whole.

Corroborate, to Strengthen. Cosmetick, Beautifying.

Diapheretick, Sweating.
Decant, to pour gently of,

and leave the settling behind.

Decostion, a boiling of the
Liquor to any thing.

Digest, to Dissolve.

Dilate, to open wide.

Diluted, made thin.

Discuss, drive away.

Detergent, cleansing.

Detersive, cleansing.

Diuretick, force Urine.

Ebui-

Bullition, boiling. Effusion, shedding. Emollient, foltening. Empyema, a Collection of Matter in the Breaft. Epatick, proper to the Li-Epithem, an outward Application to the Stomach. Heart, or Liver. Erofion, a Gnawing. Erthine, a Medicine drawn up the Nostrils. Excrescent, growing up. Exhilerate, to make merry, Expectorate, to bring up the Matter from the Lungs. Fibres, Strings. a Paper. Faces, Dreggs. the Forehead,

Filtrate, to ffrain through

Fremuls, an Application to

Fungeus, any thing fpongy.

HUmes, to moisten. Hyllerick, Vaporous.

Mearnes, Breeds Flesh. minrate, to wash hard. Inspiffared, thickened,

I Enitive, mild or gentle. Levigate, to make Smooth. Ligature, a binding of Linnen-cloath.

Lingter, a Medicine for the Lungs.

Lithontriptick, a breaking the Stone.

Lotion, a particular Bath. Lubricating, Smoothening. Luxations, Members out of Joint.

MEmbranous, Fibrous. Millepedes, Hog-lice. Mucitaginous, Slimey.

Narcotick, occasioning Sleep. Nephritick, belonging to the Reins. Nerve, a porous fubstance.

OBlong, longer than Broad. Obtuse, Blunc.

Ordamatous, Flegmatick.

Dalpitation, a Beating of the Heart. Paralytick, Subject to Palsie. Paregorick , disposing to Sleep.

Perennial, lafting. Pulmenick, proper for the Lungs.

REfrigerate, to cool. Repercufs, to beat back. Repress, to beat down.

Refineur, of the nature of Rofin.

Rupture, a Burstennels of the Belly.

Cirrhas, a hard Tumour. Sextlary, somewhat above a pint.

Siccity, Drinefs. Soporifick, gives Rest.

Specifick, a particular Remedy for fome peculiar Di-Remper,

Splenetick,

Spentaneously, freely of its own accord. Applied 6:18

Stagnating, standing still.

Stemachick, proper for the
Stomach.

Styptick, Astringent.
Sublimated, railed to the
Neck of a Vessel.
Succellent, Juicy.

Sudorifick, procuring Sweat. Suppurating, bringing to Matter.

Tablets, little pieces cur out like Lozenges.

Thoracick, proper for the Breaft.

Torrification, Roasting. Tumour, a Swelling.

VEgetable, an Herb.

Vehicle, some proper Water to take a Powder, or the like in.

Viscous, flimy, tough, clam-

Uterine, proper for the Womb.

Vulnerary Posion, a Drink for healing Wounds.

A Catalogue of such Instruments and Utensils as are requisite in Pivate Houses, for the use of those that are desirous to compound Medicins, &c.

A Great Marble Mortar, and another of Brass. A Rowler to rowl Lozenges. Spatula's of different fizes. Copper Pans to make Decoctions. An iron Ladle to prepare Lead. A Grinding-Stone, and Mullet. A Pulping-Sieve, a Hair-Sieve covered, Hippocras-Bags, and little Cotten-Blankers for straining. Scales and Weights. Presses. Rasps to rasp Hairs-horn, Woods, Quinces, &c. A square wooden Frame, with a Nail at each corner to hold the Strainer. An incision Knife. A levatory Probe. Syringes to make Injection. Forceps to draw Teeth, and a Lancet. Cupping-Glasses, Gallypots, Boxes, and Glasses to keep Oils, Syrups, Waters, &c. Cauteries to make Issues. Pipes, with Fenestals. Needles fit for Sutures, Ligatures, Bands, Swaths of Linnen and Woolen. Powders and Waters to stay Bleeding. Pledgets, Compresses, and Boulsters. A Bathing-Tub, or Chair. An Alembick, and small Still; with Receivers.

These will pretty well suffice any private Practitioner; and if necessity requires any thing more, you may furnish your

felf at leifure,

Meat and Drink observed for the contributing to Health, and the Preservation of it.

Ourishment is a necessary Part for the Preservation of Health: for as they are temperate, or intemperate; so good or evil Juices have their Effects in the Body of Men and VVomen, as the Food we eat it of hard or easie Concoction, or Digestion. The Temperate is such Meats, as being taken in due order, cause no Distemper, as Bread well made of VVheat. The Intemperate are those, that by some quality do alter the State of our Bodies; as for example, VVine, Mustard, Garlick, Leeks, Onions, &c. do heat: and so does Pottage made with hot Herbs, as Hyssop, Thyme, &c. Bread made of Barly, Grapes; and Potrage made with cool Herbs, as Lettuce, Sorrel, &c. do cool.

Some kind of Nourishments breed Flegm, some Choler, some Melancholy, and some Excrements only. Those that principally generate good Blood, are these, viz. Red VVine, Milk, Eggs, the Flesh of Hens, Capons, and Birds, are to be preferred before any other forts of Flesh, either Kid, or Veal, because they generate better Juice. Black and thick VVines breed ill Juice: the like does Beef, Goats-flesh; but worst of all, that of Bulls, Brawn, and Ram-flesh. Bread that is made of Yellow and sweet VVheat, well dress, is best for Nourishment.

All manner of Peafe breed V Vind, and energate Melancholy. Beaht that are green are rold and moift, and generate crude Blood and VV ind . Dried Beans are cold, and dry; fo that the Flewers thereof are much used in Cataplasms that are to dry and cool, as in hor Impostumes of the Pape. Rice is a great Binder, and therefore used in Clysters to stop Lasks: it generates thick Juice, and Obstructions in the Veins, if it be mychesten.) All Fish do of themselves yield a cold and moift Nourishment, and much Flegm; yet let the qualiry of Meat be never to ghody roo much in quantity, or unfeaforfably taken, will canfe the Nourishment to prove Evil : for Chittony, and Intemperance are the greatest Maintainers of the Physicians. Therefore, if we regard our Healths, we should eat and drink to live, and not live to eat and drink and certain it is, that those who regard their Healths, ought to be moderate in both : and therefore it is

the best way to eat little at a time, that there be always a good Appetite and Digeftion; likewife to keep due order and time in our Meats and Drinks. Good VVine is nourishing; as also the Liquors of our own Country growth that have Age and Clearnels.

#### Labour and Rest, how they contribute to Health.

Oderate Labour, or Exercise, where the whole Body is actively employed, contributes much to Health, by stirring the Humours, and sweating out what is noxious or offensive: but the Body continuing in idleness, gathers much Flegm and Excrements, which would be diffipated by Exercise; for it helps the natural Heat, quickens the Spirits, makes the Senses the better perform their several Offices, opens the Pores of the Body, and by perspiration wasts the Excrement that otherways would afflict it : finally, it comforteth all the Spirit and Members, that they may the better undergo their Function. In Exercise, consider first the time, which is the fittest before Meat; secondly, the manner of the Exercise, which is general, or particular, as playing at Ball, or Leaping particularly, as when one Part only is exercifed, as the Legs by walking, the Arms by another Motion; the Belly is stirred by riding, and the Lungs by much Difcourse, or loud calling. Now as there are many Conveniencies by Exercise used in due quality and time, so are there many inconveniencies and dangers proceeding from Rest and Idleness; as Crudities, Obstructions, Stone in the Reins, and Bladder, Gouts, and Apoplexy, and fundry others: and it not only dulleth the principal Instruments of our Body, but also of our Mind. How ins backleds to ale

Sleeping, and Waking, how they contribute to a bealthful Constitution.

CLeep is a Rest and Quietness of the Body in its reposit. and a Cessation of the animal Spirits and Faculty, from Sense and Motion: It fortifieth the Strength, and hemen Digethon,

Digestion; corrects the Passions of the Mind, and is cansed when the Brain is possessed with Vapours that ascend, which by the Brain's Coldness are turned into Humours, and these close the Conduits of the Nerves; for when we are waking, the Animal Faculties, as Sense, Motion, and all are at Work; but when we fleep, the natural Functions are better performed, because the Heat goes into the Bowels, whereby is made Digeftion : but this is meant by Sleep in the night; but fleeping in the day is hurtfull: for the Sun draws the Heat and Spirits unto the outward Parts of the Body, and being many times fuddenly wakened by Noises, &c. the Concoction begun is not perfected, but it fills the Stomach with Crudities and sowre Belchings, and the Brain is filled with gross Vapours, and Excrementitious Humidities, and is the Cause of divers Sicknesses, as Catarrhs, &c. and in the night, not to exceed 8 hours sleeping is the most healthfull, because a longer time hinders the Evacuation of the Execrements both upward and downward, and the Natural Heat, which is not idle, draws from them some ill Vapours into the Veins and principal Parts of the Body, there to become some Matter for a Disease.

Also in our lying down to sleep, we must observe to do it on the right side, that the Digestion may be more easie in the bottom of the Stomach, which is hotter, and about an hour after, if you be waking, you may turn on the Left side, that the Liver with its Lobes may embrace the Ventricles, and as a Fire under a Furnace, hasten the Digestion; but lye as little as may be on the Back or Face; for Excess of the first often causes Instammations of the Reins and Stone, Palsie, Convulsions, and the usual Diseases proceeding from the Spinal Marrow: The latter causes Destaxions and Rheums. Nor sleep too soon after Meat. Now, That painful Sleep in Sickness is a bad Sign; but easie Sleep, a good sign of Recovery.

To be over wakefull and watching, corrupts the Brain, debilitates the Senfes, moves Crudities, and alters the Spirits, breeds heaviness of the Head, and wasting and falling away

of the Flesh.

A Bill of Fare, of Such Varieties as are in season for every Month in the Year, of all forts of necessary and convenient Provisions, in Decency and Order.

JANUARY. B Rawn and Mustard. Boil-ed Capons in stewed Broth, or white Broth. Two Turkies in Stafaldo. A Hash of twelve Partridges, and a Shoulder of Mutton. Bran Geefe boiled. A Farced boiled Meat with Snites or Ducks. A Marrow Pudding baked. A Surloin of Roaftbeef. Minced Pyes, ten in a dish, or any other Number as you please. A Loin of Veal. A Venison Pasty. A roafted Pig. Two Roafted Geefe. Two Capons, one larded, and Cuffards.

Second Cour le. Oranges and Lemons. A fide of Lamb roafted. fouced Pig. Two Couple of Rabbits, one Couple Larded, A Duck and Mallard, one Larded. Six Teals, three Larded. Six Woodcocks, three Larded. A Warden-Pye, or Dish of Quails. Dryed Neats-Tongues, Six Pigeons, three Larded. A fouced Capon. Pickled Mushrooms. Pickled Oysters and Anchovies in a Dish. Twelve Snites, fix Larded. An Orangado Pye, or a Tart Royal, of dryed and wet Suckets. Sturgeon. A Turkey, or Goofe-Pye. Jel-

lies of five or fix forts, Lay Tarts of divers Colours. A Plate of Sweet Meats.

FEBRUARY.

Collops and Eggs. Brawn and Mustard. Four Rabbits hashed. A Grand Fricasie. A Grand Sallad and a Chine of Roast Pork.

Second Courfe.

A Lamb Roaffed whole. Three Widgeons. A Pippin Pye. A Jole of Sturgeon. A Bacon Tart. A Cold Turkey-Pye. Jellies, and a Tart-Royal.

MARCH

Brawn and Mustard. A fresh Neats-Tongue and Udder in Staffaldo. Three Ducks in Staffaldo. A Roasted Loin of Pork. A Venison-Pasty. A Steak-Pye.

Second Courfe.

A fide of Lamb, fix Teal, three Larded. A Lamb-stone-Pye. Two Hundred of Asparagus. A Warden-Pye. Marinated Plounders. Jellies, Ginger-bread, and Tarts Royal.

A P R I L.
A Bisket, cold Lamb. A roafted Haunch of Venison.
A Goslin. A Turkey. Chicken, Custards and Almonds.

Second Course.

A Side of Lamb in Joints.
A a 4 Eight

Eight Turtle-Doves. A cold Neats-Tongue Pye. Eight Pigeons, four of them Larded. Lobsters, and a Collar of Beef. Tanfies.

MAY.

Scotch Pottage, or Skink. Scorch Collaps of Mutton. A Loin of Veal. An Olive, or Pallate-Pye. Three Capons, one of them Larded, Cuffards.

Second Courfe.

A Lamb whole, A Tart Royal, or Quince-Pye. Gammon of Bacon-Pyer A Jole of Sturgeon. An Arti-choke-Pye hor, and Bolonia Saufages, Tanfies. TUNE.

A Shoulder of Mutton halltt. A Chine of Beef. A Venison-Pasty cold. A cold Hash, A Leg of Mutton roa-fled. Four Turkeys. Chick-ens, and a Steak-Pye.

Second Courfe.

A Jane, or Kid. Rabbits. Shovelers. A Sweet - bread Pye. Olives, or Pewits. Pigeons.

TULT.

Muskmellons. Portage. Boiled Pigeons. A Hash of Caponets. A Grand Sallad. A Fawn. A Cuffard.

Second Courfe.

French Beans, or Green Peate. Four Gulls, two Larded. A Codling-Tart, green, Portugal Eggs of both forts. Selfey-Cockles broiled.

AUGUST.

A boiled Breast of Mutton. A Fricasie of Pigeons. A stewed Calves Head. Four Godings. Four Caponets.

Second Courfe.

Twelve Dotterells, fix of them Larded. Tarts Royal of Fruit Wheat Ears. A Heath-Pout-Pye. Marinated. Smelts, a Gammon of Bacon, and Selfey-Cockles.

SEPTEMBER.

An Olio. A Breaft of Veal in Staffaldo. Twelve Partriges Hasht. A Grand Sallad. A Chaldron Pye and Gustards.

Second Courle.

Two Herns, one Rabbits. Larded. A Florentine of Tongues. Eight Pigeons roafled, four of them Larded. Four Pheafants. Pouts, two, Landed. A Cold Hare-Pye. Selfey-Cockles broiled.

OCTOBER.

Boiled Duck. A Hash of a Loin of Veal. Roast-Veal. Two Bran Geefe. A Tart-Royal. Custards.

Second Courfe.

Pheafant. Pours and Pigeons. Twelve Knots. A Potato-Pye. A Turbut and Selfey Cockles.

NOVEMBER.

A Shoulder of Mutton fuffed with Oyfters. A Loin of Veal, a Roafted Goofe, and a Venison Pasty.
Second Course.

A Larded Hern, and one nor Larded. A Souced Tur-Scotch Collops of Veal but. Two Pheafants, one

Larded.

A Collar of Beef. Larded. A fouced Mullet and Base. feafon. derve in a no.

DECEMBER.

and Marrow-bones. A Lambs- Barberries. one Larded. Minced Pyes.

Second Courfe.

A young Kid or Lamb roa-Tellies and Tarts of Fruit in fled whole. A Dish of Partridges. Bolonia Saufages. A Dish of Anchovies garnished Srewed Broth of Mutton, with Mushrooms and pickled A Dish of Ca-Head, and White-broth. A veer and Pickled Oysters. A Chine of Roaft-beef; minced Quince-Pye, and a Dish of Pyes. A Turkey stuck with | Woodcocks; and if on Christ-Cloves. Two roafted Capons, mas-day, Plumb-Porridge, and

#### Terms of CARVING now in Use.

and Sause it while

Each that Brawn. Break that Deer. Lift that Swan. Break that Goole, Sauce that Capon. Spoil that Hen. Frust that Chicken. Unbrace that Mallard. Unlace that Coney. Dismember that Hern. Disfigure that Peacock. Display that Crane. Untach that Curlue. Unjoint that Bittern. Allay that Pheafant, Wing that Quail. Mince that Plover. Wing that Partridge. Thigh that Pigeon. Border that Pasty. Thigh that Woodcock: And the Word in Carving proper to all manner of Small Birds is to Thigh them.

To Difinember a Hern.

Having taken off both the Legs, lace it down the Breast with your Knife, and raise up the flesh; then take it quite off with the Pinnion, and so stick the Head in the Breast, and set the Pinnions on the contrary side of the Carcass, and the Legs on the other fide, so that the Ends of the Bones may meet across over it, and the other Wings cross over the top of it.

To Unbrace a Mallard, Is, to raife up the Pinion and Leg, but not to take them off; then raise the Merrythought, and lace it down on either side

the Breast with your Knife, bending it to and fro.

To Sauce a Capon.

Lift up the Right Leg and Wing, and so array forth, and lay him in the Dish as if he were to fly.

To Allay a Pheafant.

Raife the Leg and Wings as it were a Hen, and put no Sauce but Salt.

To Wing a Partridge.

Raile his Legs and Wings, and if you mince him, faile him with Wine, Powder of Ginger, and Salt, and so setting him on a Chasing-Dish of Coals to warm, serve him up.

Rails his Legs, and Sauce it with Salv.
To Display a Crane.

Unfold the Legs, and cut off the Wings by the Joints; then take up the Wings and Legs and Sance them with Powder of Ginger, Mustard, Vinegar, and Selt.

To Dismember a Herr.

Raise the Legs and Wings, and Sauce him with Mustard,
Vinegar, Powder of Ginger, and Salt.

Raife the Legs and Wings, and Sauce it with Salt only.

Raife the Legs and Wings as a Hen, and put nothing but Salt to it.

Lay it on the Back, and cut away the Vents; then raise the Wings and the Sides, and lay the Bulk and the Chine together; Sauce them with Vinegar and Powder of Ginger.

Raife the Legs and Wings, and put only Salt.

Raife his Legs, and dight his Brains; but in the ordering of a Snire you must raise the Legs, Wings, and Shoulders: And so in the Case of other fort of Small Fowl. But as to some Larger, take the following Directions.

Shan to Lift.

Shit her downright in the middle of the Breaft, and so clean through the back from the neck to the Rump, and cleanly and handsomely part her in two halfs, that you break not, nor tear the Meat: Lay the two halves with the slit side downward in a fair Charger; throw Salt about it, and let your Sauce be Chaldron, served up in a Sawcer.

Break the Goofe contrary to the former way, viz. Take off her Legs very fair from the Body, cut off the Belly-piece round and close to the lower end of the Breast, lace her down with your Knife on each fide, your Thumb's breadth from the bone, in the middle of the Breast; then take off the Pinion on each fide, and the Flesh which you first laced, raise

raise it quite up from the Bone, and take it from the Carcase with the Pinion; then cut up the Bone which lyes before in the Breast, called the Merrythought, the Skin and the Flesh being upon it; then cut from the Breast another slice of Flesh quite through; take from the Bone, and turn the Carcais, and cut it afunder the Back-bone above the Loins and take the Rump bone-end, and lay it in the Dilh with the Skinny fide upwards. lay it at the fore-end of the Merrythought with the Skinny fide upwards, and before that the Apron of the Goole; then lay your Pinions on each fide contrary, and in like manner place the Legs behind them, that the bone end of the Legs may fland up cross in the middle of the Diff, and the Wing. Pinions on the out-fide of them; put under the Wing-Pinions, on each fide, the long flices of flesh that you took from the Breaft-bone, and let them meet under the Leg-bones, and let the other ends lye cut in the dish between the Legs and the Pinions: pour your Sauce of Mustard, Apples, and Sugar. well mixed, under the dish, and sprinkling on Salt, you may ferve it up with Gravy Sauce, or what others you are furnished withall in the foregoing Treatife. To cut up a Turkey or Buftard.

Raise the Legs up very fair, and open the Joint with the Point of your Knife, but take them not off: then lace the Breast down on both sides, and open the Breast-pinion, but take it not off; then raise the Merrythought between the Breast-bone and the top of it: then lace the flesh on both sides the Breast-bone, and raising up the flesh called the Brawn, turn it outward on both sides, but break it not, nor take it off: cut off the Wing-Pinions at the Joints next the Body, and slick on each side the Pinion where the Brawn was turned out; but cut off the sharp end of the Pinion, and take the middle piece that will just fit the Place.

This way you may Carve up a Capon, or Phealant; but in the Capon cut not off the Pinion: but in the place where you put the Pinion of your Turkey or Buffard, you much put the

with the control of the first of the factor of the first of the first

Gizzard of your Turkey, on each fide half.

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## Sewing of FISH.

ons must be First Course mand a service

Musculade, Minews in Sew, of Salmon, or Porpos, baked Herrings with Sugar, Green Fish, Pike, Lamprey, Porpos roafted, baked Gurnet and Lamprey.

Jellies red and white, Dates confection'd, Conger, Salmon, Dorey, Birt, Turbut, Trout, Holibut: For Standard, Bace, Mullet, Chevin, Soles, Lamprey roafted, Tench in Jelly.

Third Courfe.

Fresh Sturgeon, Bream, Pearch in Jelly, a Jole of Salmon, Sturgeon, Welks, Wafers, Apples and Pears roasted with Sugar-Candy, Figs of Molisk, Raisins, Dates with minced Ginger and Ippocras.

### Fifb Carved.

In this Case you must look to the Peason, Furmity, Tail and Liver, and see if there be a Salt Porpos, Sole, Turrentine, and do after the form of Venison. Hak'd Herring, lay it whole on a Trencher or Plate, and then White-Herring in a dish; open the back and take the bone out and Roe, and have your Mustard at hand. Of Salt Fish, Green Bish, Salt Salmon, or Conger, pare away the skin. Salt Fish, Mackarel, Marling, Stock-Fish and Hake, with Butter; and take away the bones and skins. As for a Pike, lay the belly on a Plate or Trencher, with sufficiency of Pike Sauce, a salt Lamprey, gobbing it in seven or eight pieces, and so present it.

A Place to be ordered this Way. Put out the Water, cross it with your Knife, and cast on Salt and Wine. Bace, Gurner, Mullet, Roach, Chevin, Perch, Sole, Whiting, Haddock, and Codling, raise either of them by the back, take out the

bones, and cleanse the belly.

As for Carp, Bream, Sole, or Trout, order the back and belly together: but for Conger. Salmon, Sturgeon, Houndfish, Turbut, Thornback and Halibut, cur them in the dishes, the Porpos about the Tench; in his Sauce cut two Eels and Lampreys roasted, pull off the skins and take out the bones, and put to them Vinegar and Powder of Ginger. A Crab must be broke asunder in a dish, then make the shell clean,

and put in the stuff again; temper it with Vinegar, and Ginger-powder, then cover it with bread and heat it. As for a Jole of Sturgeon, cut it in thin slices, and lay it round about

the dish, ferving up Oil and Vinegar in Saucers.

Fresh Lamprey Baked; open the Pasty, then take White-bread and cut it thin, and lay it in a dish with a spoon, and take a Gallentine and lay it on the bread with Red-wine, and Powder of Cinnamon; then cut a Gobbin of Lamprey, mince it thin, and lay it in the Gallentine, and set it on the fire to heat. Fresh Herrings, with Salt and Wine. Shrimps well pickled. Flounders, Gudgeons, Minews, and Muscles, Eels and Lamprey, Sprats, are good in Sew. Musculade in Worts, Oysters in Gravy, Minews in Porpos, Salmon in Jelley, white and red; Cream of Almonds. Dates in Comfits. Pears and Quinces in Syrup with Parsly-roots. Mortus of Hound-fish raise standing.

Sauce for Fish.

Mustard for Salt Conger, Herrings, Salmon, Sparling, Salt-Eel and Ling. Vinegar with Salt Porpos, Turrentine, Salt Thirlepole, Sturgeon, Salt Whale, Lamprey, with Galentine. Verjuice with Roach, Dace, Bream, Mullet, Flounders, Salt Crabs. Chevin with Powder of Cinnamon and Ginger. Green Sauce with Green Fish, and Holibut Cottle. But fresh Turbut will serve well with Mustard.

## The Most Acceptable Pieces to be presented at the Table to Friends or Strangers.

IN Boiled Chickens present the Breast, and next to that, the Leg; for in all boiled Fowl, the Leg is better accounted than the Wing; though in roasted ones the contrary; especially if Wild-Fowl. In Pullets; Turkeys, Capons, Geese, Duck, Mallard, Dottrel, Pheasant, and such like, the Merrythought is most acceptable; and the Wing next, or the Leg; and the next part is that laced down on the Breast-bone, in Roasted Fowl.

In Butchers Meat, present the Inside of the Sirloin of Beef; and in other pieces that which is curiously striped with fat and sean: and so in boiled Beef. In a Loin of Veal, choose the Nut-piece or Kidney-piece. In a Leg of Mutton, the little

sound bone that is on the infide, above the handle; for this is greatly in effect among the Curious. I heard of a Hungry Gentleman who came from Hunting to the Remainder of a Leg of Mutton, who would not eat because he thought Clownish grease Fellows had had the handling of it, since they had not the Understanding to choose that bone before all the other parts of it.

In a Shoulder of Mutton, present that between the handle and flap. In a roulled Pig, the under Jaw and Ear, especially to Women; next those, the Neck-piece. In a Hare, Coney, or Leverit, the Middle-piece, or the Tail-piece, called the Huntsmans Piece. In Fish, the Jole, or that Part next the

Head, or in Shell-Fifh the Claw of a Lobiter or Crab.

If Fish, or fliced Flesh be in Passe, touch it with your Fork, Knife, or Spoon, raise it handsomely, and lay on a Plate the best you find, with a piece of the Lid. As for Tarts, Custards, Cakes, and Sweet-meats, you must present them, cut or whose, as their bigness is, on the point of your Knife.

### Napkins to Lay in a pleasant Sight at a Table, after the Forms of sundry Creatures, &c.

To do this in the Form of a Cock, fold the Napkin in the middle, so that the two Selvages may come together; then pleat it at its sull length in small and close Pleats, as hard as possible you can friese it; but in that be fure to keep it as close as may be: then open it again, within a singers breadth of the middle, and join the Pleats together again, put in a good handsome round Loaf under the middle in the fold, put the edges of the Napkin on the Loaf, and then pull out the Head and Beak of the Cock out of the middle of the Napkin, which you must raise on high, and miske him a Comb, Wattles, and a Beard, of some red Stuff, and for the end of the Beak, you may make it of a large Quill, which may be fashioned like a Cocks Beak, with a little Gum-Dragon steept in Orange-slower-water: then pull out and fashion him a Tail out of the other end of the Fold, raise it as high as may be.

Like a Hen and Chickens: Pleat your Napkin like the former, but instead of putting your Selvages on the bread, you must make many little Heads of Chickens, as if they were coming

out from under the Wings of the Hen.

Like a Here: Pleat your Napkins in the same manner as you did that or the Cock; then open them, and lay long Loaves under the Plate in the middle; then draw a Scur out of the Fold, and four feet out of the four corners of the Napkin, and put in a small Loaf at one end under the Fold, and so form out the head, ears, and neck.

Like a Pig: Pleat your Napkin overthwart in very finall pleats, and pinch it, and then put in a large long Louf between the middle near the end, and at the other end another Loaf for the head; then fashion the head, ears, and tail: as for the feet, you may make them out of the four corners, and a rail

out of the middle of the Napkin.

Like a Turkey: First fold your Napkin as for the Cock, and put a large Loaf under it, and make a Comb of a bit of red Tassay that may hang down on its Beak, and stick the head, and throat with small slowers of different Colours; then pull out a Tail at the other end of the Fold, and the Wings from both sides.

Like a Carp: Make a Band about half a foot wide at one end of your Napkin, and make it fo that the Hemm may join to the end of the Band that is indifferently large; then pleat it at its length, and pinch or freeze the band, but leave the breadth of your four fingers without freezing all the rest, to within four or six singers breadth of the end, which you must leave unfreez'd to make a Tail; then open the band, and put in a round Loaf to fashion the head, and a long Loaf for the fashion of the body: So you may fashion a Pike, and many other pretty Devices, that will be very taking and pleasant at an Entertainment.

## How to keep Alive and fatten divers forts of Choice Wild Fowl, &c.

Nest before it can sly, and put it into a large Barn where there are many cross Beams; let it have a conveniency of Water, and feed it with raw flesh cut into convenient pieces, either of Beef or Liver, or Dogs flesh, but no Swines flesh, keeping the place sweet and clean; for they much delight in it; and in this manner you may bring up and fatten Pullets, Gulls, Bitterns, and the like.

To feed Partridges, Pheasants, Quail, and Wheat-ears, do it with good Wheat and Water, giving it them Morning, Night, and Noon; but if you would have them extraordinary Crammed Fowl, then take the Anest dress Wheat meal, mix it with Milk, and make it into Pasts, and ever as you knead it, sprinkle in the Grains or Corns of Wheat, then make several Crams, and dip them in Water, and give every Fowl according to his bigness, that his Gorge may be well filled, and so in Fourteen Days they will be Far beyond Measure, and thus you may do by Turtle Doves, or Pigeons.

To feed Godwits, Knots, Gray Plover, and Curlews, Take Chilter'd Wheat, the finest fort, and give them Water thrice a Day, Morning, Noon, and Night, which will be

very effectual, do as you did by the former,

To feed Black-Birds, Thrush, Feldfair, or any small Birds whatever, being taken Old and Wild; It is good to have some of their Kind Tame among them, and then putting them into great Cages of Three or four Yards Square, to have divers Troughs placed therein, some filled with Haws, some with Hemp, and Rape seed, and others with Water; the Tame reaching the Wild to Eat, and the Wild sinding such alteration of Food, they will in Twelve or Fourteen

Days grow exceeding Fat, and fit for the Kitchen.

Ducklings are Fatted with Pulse or Grain, and store of Water. Gollings, with Skeg-oats, boiled and given them thrice a Day. Geese, by putting them into Pens which are close and dark, and there feed them thrice a Day with store of Oats, and Split Beans, and give them Water and Barly-meal mixt together. For Chickens, when the Hen has for sken them, make a Past of Wheat-meal, and Milk, and wer it often in Milk when it is rouled up, and let not the Crams be too big, for fear of Choaking them. To Fatten Capons, make Crams of Barley-meal and Milk, and keeping them up in a Coop, give them their full Gorge, Three times a Day, and so that they may easily go down, let them be dipt in Milk. For Turkies, having Coopt them up, place Two Troughs, one full of VVater and Barly, and the other full of Old dried Malt, and they will be very Fat in a Month.

Elizabeth.